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Volume 32, No. 11, November 2000

Carolina country

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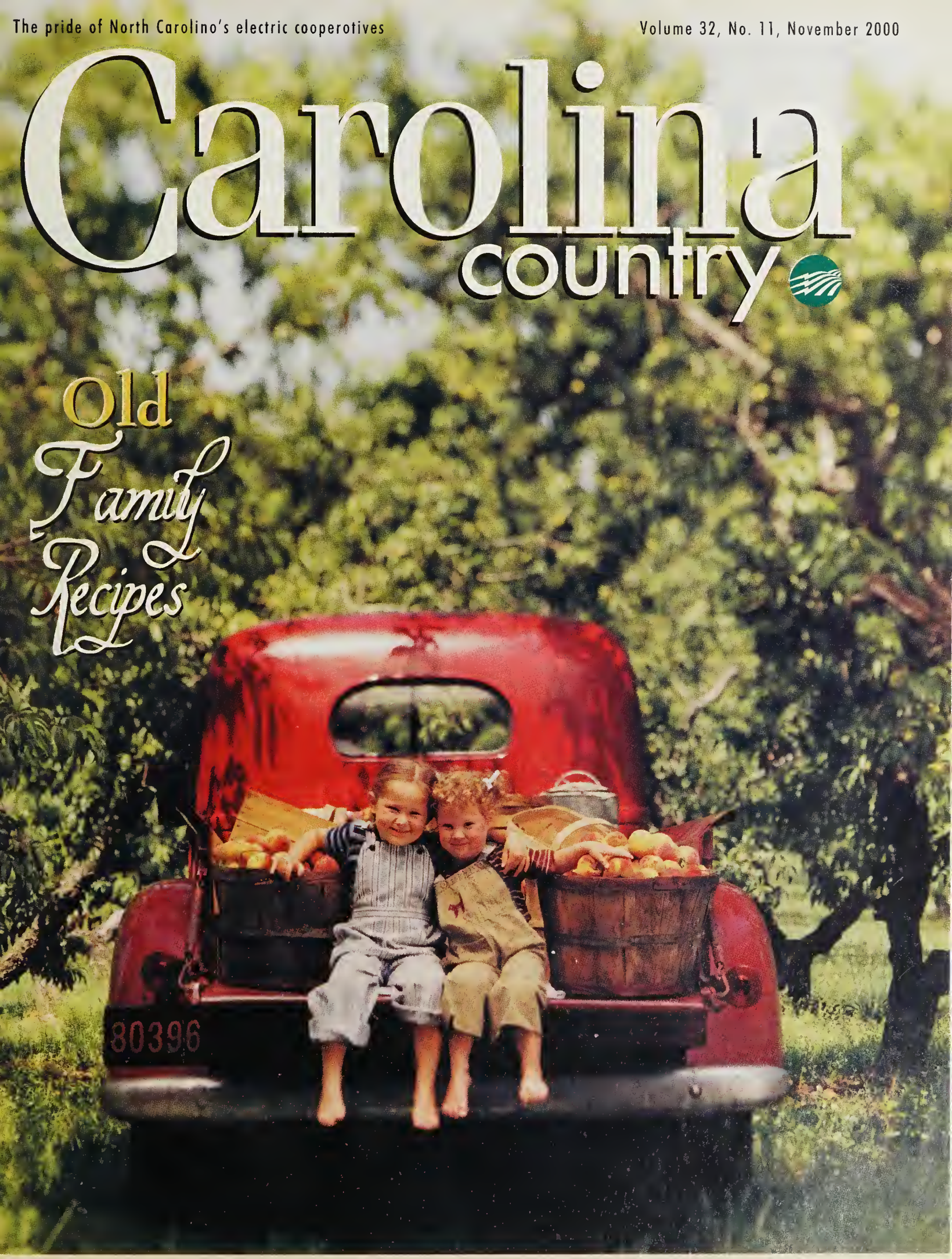

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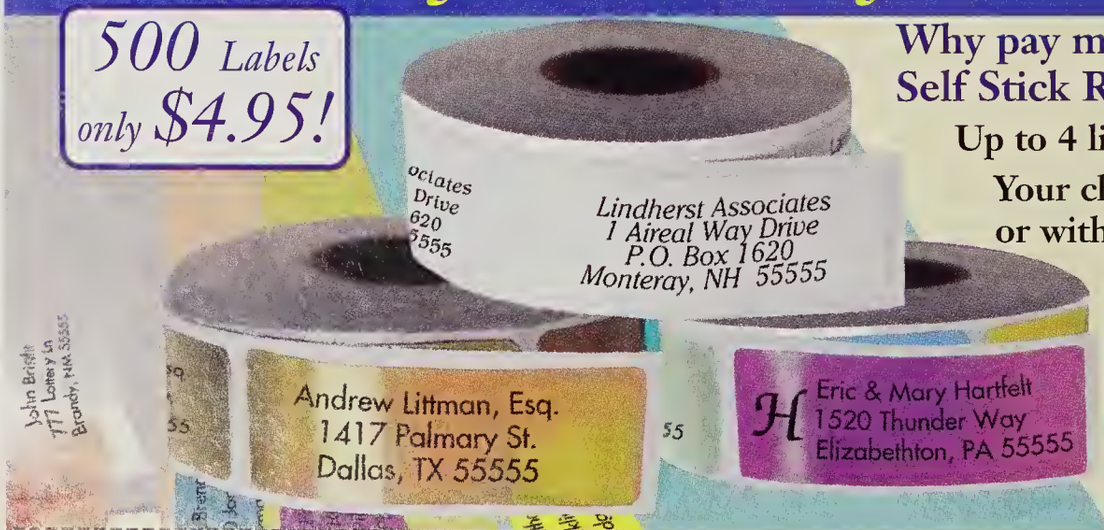

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22	-----	-----	11.77	11.24	18.81	17.50	30.62	28.00
23	-----	-----	11.77	11.24	18.81	17.50	30.62	28.00
24	-----	-----	11.77	11.24	18.81	17.50	30.62	28.00
25	-----	-----	11.77	11.24	18.81	17.50	30.62	28.00
26	-----	-----	11.77	11.24	18.81	17.50	30.62	28.00
27	-----	-----	11.86	11.33	19.03	17.71	31.06	28.43
28	-----	-----	11.86	11.33	19.03	17.71	31.06	28.43
29	-----	-----	11.86	11.33	19.03	17.71	31.06	28.43
30	-----	-----	11.86	11.33	19.03	17.71	31.06	28.43
31	-----	-----	11.86	11.33	19.03	17.71	31.06	28.43
32	-----	-----	11.86	11.33	19.03	17.71	31.06	28.43
33	-----	-----	11.86	11.33	19.03	17.71	31.06	28.43
34	-----	-----	11.94	11.33	19.25	17.71	31.50	28.43
35	-----	-----	11.94	11.41	19.25	17.93	31.50	28.87
36	-----	-----	12.03	11.50	19.46	18.15	31.93	29.31
37	-----	-----	12.12	11.59	19.68	18.37	32.37	29.75
38	-----	-----	12.21	11.77	19.90	18.81	32.81	30.62
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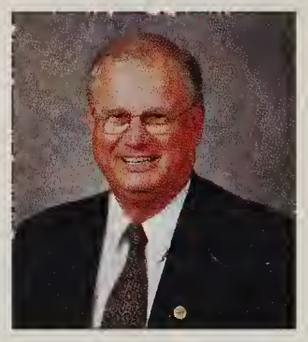
These legislators support small businesses and rural North Carolina

By Richard Johnson



In early October, an organization representing North Carolina independent businesses released ratings which characterized a pro-electric cooperative vote in the state legislature as being unfair to small businesses. We believe these ratings are unfounded and inaccurate. To set the record straight, I would like to stress that the electric cooperatives know these men and women well and appreciate their leadership and support of issues affecting small businesses and rural communities in North Carolina.

We urge all citizens to look closely at the issues and vote on November 7.

Once again, we would like to thank the legislators listed below who have supported electric cooperatives, small businesses and rural communities.

Richard Johnson is president of the board of directors at Pee Dee EMC and chairman of the Association Services Committee of the North Carolina Association of Electric Cooperatives.

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Douglas Yongue, Laurinburg

Dove hunters

Since I was a boy, the Labor Day weekend dove hunt has been a special event. It initiates the fall season for me, and it's a time when I get to see friends I may not have seen the whole year.

This year my 8-year-old son went on his first dove hunt. Tagging along was his 4-year-old sister, Deanna, and the family pet, Ginnie.

Bryan Mayo
Tarboro
Edgecombe-Martin County EMC member

The noisy and the nosey

In 1992, while carving a duck decoy in my back yard, I broke the bill off one decoy and glued it back on and taped it. In the meantime, a friend of mine had walked into the yard and spotted the decoy with the taped bill. He then said, "Could I ask you a question?" And I said yes.

He said, "Why is that duck's bill taped?"

I hesitated and asked if he really wanted to know. He said yes.

I said, "The tape is to keep him from quacking until I finish him."

He said he would not ask me any more duck questions, and he left.

J.B. Basnight
Stumpy Point
Tideland EMC member

The late magazine

Because of a breakdown at our printer's facility, September's Carolina Country was late in reaching everyone. We apologize for the inconvenience it caused. We try our best to get the magazine to you before the first of each month.

Michael E.C. Gery, editor

For deer, try a bug light

For some 10 years I have put a bug light in the center of my garden. The erratic zapping sound made by the light when a bug comes in contact with it scares the deer away. I have seen evidence where a deer nibbled a plant or two on the first row or two, then turned back into the woods.

Neal D. Hicks
Rockingham

Don't use mothballs

Another reader's suggestion that we published in September advised placing mothballs in gardens as a means of warding off deer. We then heard advice opposing that.

As it happens, mothballs as we know them can be hazardous for any use. According to sources we checked, mothballs are considered pesticide. They may look like candy to a child and are poisonous when eaten. Many mothballs contain either naphthalene or paradichlorobenzene, both of which can produce harmful effects when they enter your system through inhalation. Irritation to nose, throat, and lungs, headache, confusion, excitement or depression, and liver and kidney damage can result from exposure to mothball vapors over a long period of time. —MG

An undecided voter decides

I just finished reading the October 2000 issue wherein you published the section called "They Want Your Vote." Not only did I find it very interesting to read about the party, profession and background of the candidates, but it also helped me decide which to vote for in offices where I was undecided. And I found it all in one location: your magazine. Well done.

It can be very enlightening to read a written statement from a candidate about a non-platform issue. Politics and rhetoric are fine, but I want to see in writing what they stand for. Many of these candidates shed light on the future of my electricity costs, which also reflected their ideas about other issues.

Thank you for taking the time and initiative to collect this information and put it into an easily understood "quick read" for those of us who have time only for short, sweet and succinct answers.

Linda S. Clay, president
Clay Interiors
Newport

We get local TV channels in Pink Hill

Satellite TV users don't have to pay for local channels. My satellite TV service, DSS, does provide local programming by subscription, but we don't subscribe.

We have simply connected our outside antenna to our satellite receivers. When we want to watch local programming we simply turn the receiver off and choose our channel. We live in Pink Hill and we can get 12, 7, 9, UNC (70), Fox (77) and UPN (79) with the receiver off.

Charity Murphy
Pink Hill

first person

My co-op "ain't broke"

I've had wonderful, reliable service from Randolph EMC, and I dread deregulation. A couple nights ago, the power went out for no apparent reason. It was back on in an hour and 34 minutes (I know because I forgot to reset one of my electric clocks and it's still 1:34 off). Every other time there's been a power failure there's also been a prompt repair. This is different from what I've experienced with big electric companies before I moved to the country. I don't even bother to call any more. I know they'll be on it.

Given the news from California and other states which have deregulated, supposedly in order that consumers benefit from the fiscal advantages of competition, I very much wish we'd be allowed to let a good thing alone. It ain't broke!

Judith Brill
Snow Camp

How my grandfather could foretell the weather

Ralph Chappell

My grandfather, Ralph Chappell, ran a country store until he was 90 years old. He loved people, all people. He also loved predicting the weather. Many of his customers nicknamed him The Weather Man.

He said that while plowing as a young boy, he had the opportunity to study the clouds and gained great respect for the weather and God's power in it. I would like to share some of his predictions with you.

1. In the late evening when the sun sets red, there will be no rain the next 48 hours.
2. When the early morning sunrise is red, it's a sure sign of rain.
3. When it is lightning in the northeast at night, it will rain in a matter of hours.
4. If the sun sets in thunderheads on Wednesday, it will rain in the next three days.
5. Thunder in the morning means "sailors take warning."
6. When it is stormy in the spring of the year and the clouds look baggy, like balloons underneath, it's a sign of tornadoes.
7. If it is raining in the early morning and the chickens don't wander out, it's a good sign that it will quit raining. But, if the chickens do go out and scratch for food, rain probably will continue all day.
8. If it rains most all day and the cock begins to crow about 5 p.m., it will fair off by sunset.
9. If it starts raining before 7 a.m. in the spring of the year, it will most likely quit raining before 11 a.m.

Rindia DeVogt
Candor
Pee Dee EMC member

The Shell station in Spencer

I read the article with James H. Isley's picture of the old Shell Oil Co. service station in North Carolina [First Person, August 2000]. He stated that there were only eight of these stations built in the 1930s, and all were in Forsyth County. But there was one such station in Rowan County built during the same time period. It was in Spencer at the corner of 10th Street and Salisbury Ave. I know this because I was raised on 10th Street and passed the station everyday that I went to school.

I thoroughly enjoyed your magazine. I was reading it this morning while I waited to have my car inspected.

Robert G. Surratt
Dallas

Goats have personality

I thought all the photos in the September magazine ["Your Favorite Photos] were fine, but the one that got my attention was by Dottie W. Lowe of Hertford showing her husband's pet goat kissing him on the nose. I've always been curious about goats. All I've ever heard about them is that they're smelly, the males can be ornery and the only thing they're really good for is cleaning up new ground. I think goats have personality in their face, silly as that sounds.

I just wanted to say I appreciated Mrs. Lowe sending in that photo and sharing it with others.

Sharon Haney
Tar Heel
Four County EMC member

The dog's instincts

We used to live in Michigan and had a small 150-tree apple orchard and were having a time trying to keep deer from eating not only the apples but the branches, too.

We were told that human hair would keep them away. We asked a local beauty shop to save hair for us and asked every lady we knew to save her old nylons. We had a day-long project putting hair in the nylons (knee highs work the best) and hanging them on the trees.

The next morning, bright and early, our black lab dog was feverishly barking at the door. When I checked to see why he was so excited, I couldn't believe my eyes. He had gathered all the hair bags and put them on the porch. He was so proud, I just had to praise him.

By pulling all his "finds" off trees he had shredded most of them and spread hair throughout the orchard. We didn't see a deer the rest of the year!

Sharron Krieger
Love Valley

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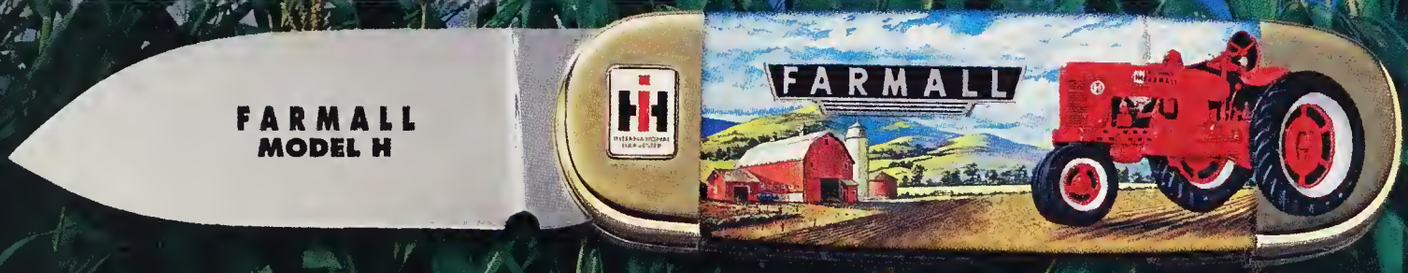

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North Carolina officials need more answers before deregulating electric utilities

While doubts arose this fall about enacting state legislation in 2001 to restructure North Carolina's electric utility industry, the legislative study commission is moving onward and gathering information in order to meet its schedule.

"We've got a lot of questions we've got to answer before we even start to think about legislation," said state Sen. David Hoyle of Gaston County, who co-chairs the state's Study Commission on the Future of Electric Service.

In its report to the legislature last spring, the study commission recommended opening the state's electric power supply market to retail competition by January 2006, with one-half of North Carolina consumers having a choice by January 2005.

The state has yet to embrace a plan for settling the city-owned utilities' debt. While all electric utilities, including the state's cooperatives, incurred debt when they invested in power supply sources to meet future needs, the size of the municipalities' debt — estimated at $5.5 billion — is most significant and unique to North Carolina.

State Treasurer Harlan Boyles this summer proposed a plan that would divest the municipalities of their electric utility holdings and settle the remaining debt on a statewide basis.

Electric cooperatives and the state's two investor-owned utilities, Carolina Power & Light and Duke Energy, have proposed plans to resolve the cities' debt issue and stabilize prices for municipal consumers.

Meanwhile, in Minnesota

The Minnesota Commerce Department in September rejected a plan to deregulate its electric utility industry and released a draft measure that seeks to maintain reliable, affordable electricity, according to the Saint Paul Pioneer Press. In reference to the draft proposal, "Keeping the Lights On: Securing Minnesota's Energy Future," Commerce Commissioner Jim Bernstein noted, "We are not going to be recommening full competition."

Minnesota has received little pressure to restructure its electricity markets, the newspaper reported, due to the relatively low natural gas and retail electric rates in the state. Bernstein said Minnesota's biggest challenge will be providing consumers with reliable power. The department estimates that by 2006, the Midwest region may have an electricity shortfall of 5,000 mega-watts, which represents enough power for 5 million homes at any given moment.

In San Diego, California

Consumers in San Diego were the first in the state to see the end of frozen electric rates and face market-based pricing as a result of California's 1996 deregulation law. Many saw their bills more than double this summer under conditions of a heat wave and tight power supplies.

In New York

New York City experienced its coolest July in nearly 90 years, yet electricity bills increased 43 percent over last year. The local utility, Consolidated Edison, began buying power on the open market in May. According to the New York deregulation program, all fuel price increases were passed directly on to customers.

A three-year-old energy co-op in New York City, 1st Rochdale Co-op Group, meantime, offered the lowest residential rates in New York City. That co-op plans to expand into Long Island and New Jersey. "Back office" services (such as bill processing, its call center, and market research support) for 1st Rochdale are provided by subsidiaries of three North Carolina co-ops: Piedmont EMC, Wake EMC, and North Carolina EMC.

"Would it not be the best policy in North Carolina to wait and see how other people screw this up?"

State Sen. Fountain Odom, D-Mecklenburg, quoted in September on how the state should proceed with its study of deregulation of electric utilities.

In Pennsylvania

One of the first states to usher in deregulation, Pennsylvania recently saw competitive suppliers retreat from the market, unable to beat utility rates. Rather than face financial ruin, many suppliers shed customers, returning them to their incumbent utilities where they could get a better deal. In nearby Connecticut and Maryland, where competition was introduced on July 1, few competitive suppliers have entered the market. Regulators had set utility rates at a relatively low level, making it difficult for new suppliers to offer anything better.

In Montana

Prices are rising in the recently deregulated Montana electricity market.

Restructuring began in 1997 as a means to make Montana's industries more competitive with other states. Montana is the only western state to deregulate besides California. Prior to deregulation, Montana exported much of its inexpensive power to other states. Electrical rates were 40 percent less than the national average, and half of California's.

Deregulation proponents said that dry, warm weather was to blame for the escalating prices.

In New Hampshire

The New Hampshire Public Utilities Commission this fall voted unanimously to approve an electricity deregulation plan passed by state legislators last May. The approval comes after years of debate between state lawmakers and the state's largest electric utility, Public Service Company of New Hampshire.

Beginning October 1, some residential customers saw a five percent rate reduction in generation portion of their bills. New Hampshire has traditionally had among the highest electricity rates in the nation.

In Ohio

Beginning January 1, 2001, Ohio will start restructuring its electricity industry. One provision of the law allows consumers to join together to negotiate lower rates using their collective buying power. Known as "aggregation," consumers form groups and hire an aggregator or agent to contract the best rates. Consumers will be able to get their electricity from alternative suppliers, but will continue to receive their transmission, distribution, and billing services from existing utilities.

More co-op contributions to American Cancer Society

RELAY FOR LIFE
A TEAM EVENT TO FIGHT CANCER

At various times during the year, several electric co-ops in North Carolina have sponsored and joined events in support of the American Cancer Society's Relay for Life.

Rutherford EMC completed its effort in September. Denise Paris, an employee of Rutherford EMC, serves as the team recruitment chairperson for Rutherford County. The co-op was a corporate sponsor this year, and co-op employees raised the money. Paris reported that through yard sales, bake sales and a golf tournament, among other fundraising events, Rutherford EMC employees raised about $6,200, making Rutherford EMC the seventh highest fundraiser in the county. Rutherford County raised $180,000 for Relay for Life, making it the second highest fundraiser in the Southeast division of the country.

On Sept. 22 and 23, Surry-Yadkin EMC employees participated in the Relay for Life that was held in Elkin. Over the past few months Surry-Yadkin employees have been involved in several fund raising projects to benefit the American Cancer Society. In March employees set a goal of $10,000. Thanks to the support of members and people in surrounding communities, the co-op raised $13,812.

Seen This Lately?

This metal ladder is far too close to the electric line (a service drop to a residence). If you're on this ladder, and you or the ladder touch a bare area of the service drop, you could be electrocuted. For your safety, keep all tall objects a safe distance from power lines.

Light Lines by Donna Hardy

Sandhills Utility Services will evaluate turning Fort Bragg utility over to private services

Sandhills Utility Services, a North Carolina limited liability company made up of five electric cooperatives, has been selected to begin evaluating the potential for privatizing the electric distribution system at Fort Bragg and Pope Air Force Base in Fayetteville.

One of several entities to submit bids, Sandhills was selected by the U.S. Army earlier this fall. Sandhills is made up of four distribution cooperatives: Central Electric Membership Corporation (EMC) of Sanford, Lumbee River EMC of Red Springs, Pee Dee EMC of Wadesboro, South River EMC of Dunn; and one generation and transmission cooperative, North Carolina EMC of Raleigh.

Fort Bragg is in the early stages of evaluating the potential privatization of several utility services, one of which is the electric system. It is the first of U.S. military installations to initiate the privatization process. Secretary of Defense William S. Cohen has called for privatizing a majority of military utility systems by Year 2003. "Privatization" is the term used to describe the conversion of government-owned and operated facilities to the private sector. Fort Bragg currently owns and operates its own electric utility system.

If privatization is determined to be economically prudent, the Army may decide to convey ownership of the Fort Bragg's electric distribution system to the selected bidder.

Ronnie E. Hunt, chief executive officer of Sandhills, said, "Based upon the cooperatives' commitment to their present customers, we believe that Sandhills can bring value to the Army installations involved in this process."

The four distribution cooperatives that make up Sandhills Utility Services serve many of the consumers residing in the counties that surround Fort Bragg. The Fort Bragg system involves 692 miles of electric lines, 50 miles of natural gas lines, 179 miles of wastewater treatment lines and 224 miles of water lines.

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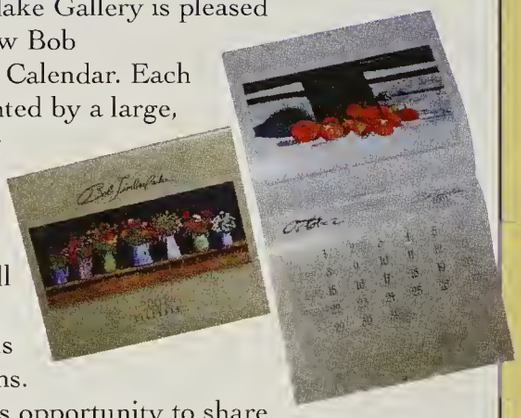

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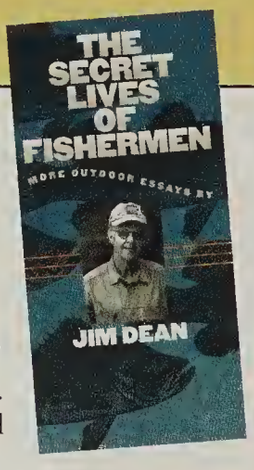

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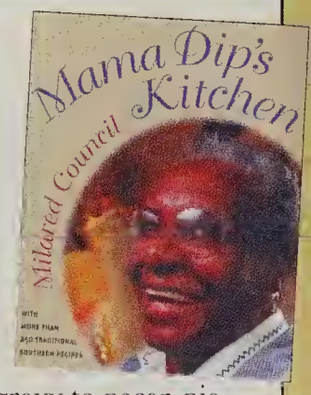

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www.carolinacountry.com

Down Home Country Christmas

A special holiday show produced by Duplin Outdoor Drama. Holiday music, family entertainment and the talented Down Home Country performers at Kenan Memorial Auditorium. Groups welcome. Fridays and Saturdays, at 8 p.m. from November 24 through December 16. Adults $12, and $10 for seniors, groups of 15+ and children under 12.

Kenan Memorial Auditorium
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Kenansville, NC 28349
(800) 793-3726
(910) 296-2345

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Montford Historic District
Asheville, NC
1-800-254-9569
www.innonmontford.com

"Christmas in Mt. Ulla"

by "Cotton" Ketchie

"Soft white snow gently taking residence among the limbs on ancient oaks and boxwoods" is how Cotton Ketchie describes this holiday scene he painted of this house in Mt. Ulla, a community east of Mooresville in Iredell County, served by EnergyUnited electric cooperative. Originally the Lockridge-Goodman house, the 160-year-old place sits on a knoll and was restored in the 1980s and 1990s by Mr. and Mrs. Charlie Graham.

Cotton Ketchie is known for his realistic watercolors. He and his wife, Vicki, own and operate Landmark Galleries in his hometown of Mooresville. The gallery has made available prints and boxed Christmas cards of "Christmas in Mt. Ulla."

The print's image size is 11 by 16 ¼ inches. Signed and numbered prints cost $75 each, plus $6 shipping and $4.50 sales tax for North Carolina residents.

Boxed cards cost $12 for 12 cards.

Landmark Galleries
212 N. Main St.
Mooresville, NC 28115
Phone: (800) 842-8604 or (704) 664-4122
Fax: (704) 664-3527
Web site: www.landmark-galleries.com

Old Family Recipes

Country cooking that has stood the test of time

This selection of your finest family recipes confirms what we country cooks suspected. The basics are the best. We enjoy a down home molasses cake, a crumbly loaf of corn bread or a rich, meaty spaghetti sauce over some fancy dish any day. These comfort foods make us feel good, and not only because they taste delicious. Your recollections of your finest family recipes reflect warm memories that are as satisfying as the dish itself. To all those who submitted a recipe, thank you for sharing with all of us.

You'll find that often these recipes are not precise. If you have a question about a recipe, we suggest you use your creative judgment to put your personal touch on it. In doing so, you may create your family's next favorite dish. We hope you enjoy.

Next month we'll publish your "Finest Family Tradition." (Deadline was Oct. 15.)

For the themes and deadlines in coming months, see page 22.

– Kim Whorton Tripp

Pork Chops and Orange Juice Rice

My most favorite supper is Pork Chops and Orange Juice Rice. My mom makes it on special occasions like when I get a good report card or if I've done something nice.

My mom got the recipe from her sister when she first got married almost 20 years ago. My Aunt Susan gave it to her and a lot of other recipes because she was afraid my dad would starve.

The rice looks like it's covered in cheese, but there isn't one drop of cheese in it. It gets its color from the orange juice and the noodle soup mix. You have to be careful about cooking it too long or the pork chops will get dry.

Patrick McFarland, age 10
Huntersville
EnergyUnited member

4 pork chops, medium thickness
1 envelope, Lipton Chicken Noodle Soup Mix
⅔ cup long grain rice
2 cups boiling water
½ cup orange juice

Dissolve soup in boiling water. Add rice and orange juice. Stir. Put into 1- ½ or 2 quart casserole dish. Brown pork chops over medium heat and place on top of rice mixture. Cover and bake at 350 degrees for 40-45 minutes.

Maw-Maw's Jam Cake

My wife and I lived through the depression. We had very little, but we always enjoyed family gatherings. Our children grew up and married, and when our grandchildren came along they called my wife "Maw-Maw." Every Christmas and at family gatherings, Maw-Maw made Jam Cake. Jam Cake became everybody's favorite. It was good, moist and delicious. A family gathering just was not a gathering without Jam Cake.

After 58 years of marriage, Maw-Maw passed away. Everybody thought the Jam Cake would be no more because no one had baked it but Maw-Maw. We still have our gatherings and guess what? My granddaughter surprised us at Christmas and baked the Jam Cake.

I am 88 years old, and this tradition continues. I hope it will continue through the years with my great-grandchildren.

This recipe came from Maw-Maw's grandmother.

Raymond T. Williams
Morganton
Rutherford EMC member

½ pound butter
3 cups flour
1 teaspoon allspice
2 cups sugar
½ teaspoon salt
1 cup buttermilk
4 whole eggs
1 teaspoon cinnamon
1 teaspoon soda
2 egg yolks
1 teaspoon ground cloves
2 cups blackberry jam

Cream butter and sugar until fluffy. Add eggs and yolks; beat until light. Sift flour with dry ingredients. Add flour mixture alternately with buttermilk; add jam. Bake in 3 greased and floured 8-inch pans for 35 minutes at 350 degrees.

Icing:
2 egg whites
½ pound butter
2 cups sugar
1 cup evaporated milk

Cook butter, sugar and milk to soft ball stage; pour slowly over stiffly beaten egg whites. Spread between layers and over cake.

www.carolinacountry.com

Grandma's Famous Cornbread

My Grandma was a great cook. The whole family loved to go to her house to eat and she loved to cook for all of us. We fell in love with her Italian cornbread. After we had it once, we wanted it every time we went to her house, and she always had it for us. She started taking it to all the church dinners and her church fell in love with it, too.

We lost Grandma four years ago, but I did not let this tradition die with her. I took over taking it to family and church dinners. We all still love this recipe, and we're glad that we've kept her spirit going.

Kathy Porter
Rockingham
Pee Dee EMC member

1 cup self-rising flour
1 cup self-rising cornmeal
1 teaspoon salt
½ cup vegetable oil
1 can cream corn
¾ cup milk
2 eggs
1 bell pepper, chopped
1 chopped onion
1 cup grated cheese

Mix together and put in a greased pan. Cook at 375 degrees or until done.

Grandma Wilkie's Molasses Cake

The finest recipe in our family is a simple recipe for molasses cake passed down many generations. My Grandma Wilkie passed it to on to me. About 36 years ago, we had two insurance salesmen call on us about the same time my Grandma came in with a fresh molasses cake. We never bought any insurance, but they left with the recipe and an extra piece of cake.

It is my husband's favorite and our three children's favorite, too. But I think it's special because it came from my Grandma Wilkie, 1888-1973.

Betty Bailey
Hickory

Combine these ingredients:

½ cup margarine (melted)
½ cup sugar
1 egg
1 cup molasses

Combine these ingredients:

2½ cups flour (plain)
1 teaspoon baking powder
1 teaspoon baking soda
1 teaspoon ginger
½ teaspoon ground cloves
½ teaspoon salt

Mix both sets of ingredients together and add 1 cup boiling water. Bake at 350 degrees for 25-30 minutes.

Texas Pecan Cake

My father, Charles M. Frye, enjoyed cooking of all kinds, but especially cake baking. Some men from Carthage found out how much he liked to bake and challenged him to enter a cake in the October 1966 Moore County Fair. Not one to back down from a challenge, Daddy accepted. He baked a Texas Pecan Cake and entered it in the fair on Sunday afternoon. Meanwhile, my grandma and 16 other local women entered their favorite cakes.

Judging was held on Wednesday night. When my family went to the fair on Thursday night, we found that the judges had eaten half of Daddy's cake. Atop the remains of his cake sat a blue ribbon. He had beaten all those women, including Grandma. For months to come, some of those women wouldn't even talk to him! I guess they couldn't handle losing the contest to a man.

My father died in September 1993, but I still enjoy baking this cake. When it comes out of the oven I can turn it out on a cooling rack, never losing a crumb. This cake is an excellent dessert for Thanksgiving and Christmas holidays. It has become a family favorite, even though the recipe first appeared in the November 1964 issue of Redbook magazine.

Amanda D. Frye
West End
Randolph EMC member

4 cups sifted all-purpose flour OR 4 cups self-rising flour (If you use all-purpose flour, also add 1-½ teaspoons baking powder)
4 cups whole pecan halves
2 cups white (golden) raisins
2 cups sugar
6 eggs, well beaten
1 pound butter or margarine
1 tablespoon lemon extract

Heat oven to 300 degrees. Grease and flour a 9 ¾ inch tube pan. Blend butter and sugar in a large bowl; beat until mixture is light and fluffy. Gradually add eggs and lemon extract and beat until blended. In another large bowl, sift flour, add nuts and raisins to flour. Fold nuts and raisins in flour until well coated. Gradually, add flour mixture to creamed mixture, blend thoroughly by hand. Pour into prepared pan. Bake 1-½ to 2 hours. Remove from pan and cool. This cake freezes well. Use a very thin, sharp, serrated edge knife to cut because there are so many nuts.

Mandel Bread

I was first introduced to my husband's family 11 years ago at a potluck family get together. Family members brought dishes that they considered to be their own specialties. Grandma Sylvia made these delicious biscotti-style cookies. When I asked for recipes everyone was flattered and very generous, but I was denied the recipe for those cookies.

Every year I asked my mother-in-law for that recipe. She would balk and say when I gave her a grandchild, she'd hand it over. In 1996 my son was born, her first grandchild, and along with a congratulatory card she sent that recipe. I've made it many times over the years, but it has never quite tasted the same as the first time I had it.

Denise Kasper
Clemmons
EnergyUnited member

Beat together:
3 eggs
1 cup sugar
1 cup vegetable oil
1 teaspoon vanilla

Then add:
3 cups flour
1 heaping teaspoon baking powder
1/ 2 of a 12 oz. package chocolate chips
1 cup chopped walnuts (optional)

Grease a large cookie sheet. Form (somewhat sticky) dough into 3 oval loaves. Bake at 350 degrees for 30 minutes. Remove from oven and sprinkle with a mixture of cinnamon and sugar in equal parts and return to oven for 10-15 minutes. Slice while hot. Makes great cookies for Christmas.

Fifth Generation Spaghetti

The best recipe in my family is our spaghetti. It has been passed down to the women for generations. My fifth great grandmother invented this recipe. She started serving this dish on holidays and special occasions. Everybody looked forward to it. When she died, she left the recipe to it in her will. Only her daughter could read it. Everyone envied her because the recipe was kept a secret.

Sonia Oakley
Poplar Branch

1 pound ground beef
2 teaspoons Italian seasoning
½ teaspoon oregano
½ teaspoon cinnamon
¼ teaspoon lemon pepper
½ green pepper, chopped
1 medium onion, chopped
3 cloves garlic, finely chopped
2- 16 ounce cans tomato sauce

Brown ground beef and drain. Return to pan. Add spices, peppers, onion and garlic. Stir to coat. Add tomato sauce. Stir. Simmer 2 hours. Serve over pasta.

Homemade Peach Ice Cream

Picture this scene from my childhood in the early 1900s: On a sweltering summer afternoon, down on the farm in eastern North Carolina, my family would sit on the front porch and try to keep cool with those little fans that businesses used to give out. Someone would suggest making a freezer of peach ice cream. Mama would spring into action and delegate the duties. My brothers would go to the country store for a block of ice and a box of rock salt. I would scurry to the backyard peach tree to garner enough ripe peaches to flavor the ice cream. Mama would prepare the cooked custard and get all the other ingredients ready for the old wooden tub freezer. Everyone gets a turn at the crank. After an eternity, Mama would scoop out heaping dishes of ice cream. It was so refreshing!

I'm almost 93 years old, and I still savor the flavor of good homemade peach ice cream. Supermarkets everywhere sell all flavors of ice cream. But I prefer the old-fashioned kind — waiting expectantly, watching the transformation and celebrating the miracle as a family. So here's our family's favorite recipe for old-fashioned peach ice cream.

Libby G. Lines
Kenansville
Tri-County EMC member

4 quart ice cream freezer (electric or manual)
2 cups mashed peaches (Use a blender. Elberta or Georgia Bell peaches are excellent varieties to use.)
4 eggs
3 tablespoons flour
3 cups sugar
5 cups whole milk
1 pint whipping cream
Juice of half a lemon
Pinch of salt

Put peaches through a blender and add one cup of sugar and the juice of half a lemon. Store in refrigerator. Beat eggs slightly and add two cups of sugar, the flour and salt. Put this mixture in the top of a double boiler. Scald the milk and slowly add it to the egg mixture. Cook over medium heat in double boiler until thick, stirring frequently. Cool. Then put peaches, custard, and whipping cream in ice cream freezer container stirring to blend all ingredients. Freeze according to the manufacturer's directions. (If using the manual type of ice cream freezer, turn the crank until the crank or your arm will no longer turn, whichever comes first.) Then enjoy this delicious, refreshing, peachy ice cream.

Nekked S'ketti

I discovered a version of this recipe at an Italian restaurant in Florida while I was in the Navy. On the menu, it was very plainly titled "Pasta with Italian Sausage and Peppers." After I retired, my wife and I moved back to North Carolina. Our good friend Carol decided that she wanted to try the dish. We eagerly awaited the results of her culinary experiment.

The next day, we talked to Carol's husband, Benny, and asked him how he liked last night's dinner. In his best native North Carolina mountain drawl, he quietly said, "It was pretty good, but it shore did look kinda nekked, layin' there on the plate with no sauce or nuthin' on it." After we stopped laughing, we decided that we finally had the name for our favorite family recipe.

John & Chris Johnson
Waynesville
Haywood EMC members

1 pound Italian sausage links
1 green pepper
1 red bell pepper
1 medium yellow onion
Fresh mushrooms (how many is up to you)
Fresh garlic (that's up to you, too)
1 medium box angel-hair pasta

Lightly brown sausage. Remove from skillet and drain on paper towels. Drain as much of the grease as possible. Clean peppers and peel onion. Slice into ¼-inch strips. Slice or chunk fresh mushrooms. In large skillet, combine peppers, onions, mushrooms, & garlic. Cook on medium-low heat with a dash of olive oil. Cut sausage links in half lengthwise, and then slice into bite-sized portions. Add to skillet and stir. Cover skillet, reduce heat to low. Let mixture simmer 45 minutes, or until peppers begin to soften. Serve over pasta, sprinkle with fresh-grated Parmesan cheese. Serves 2-3 people.

Nana's Honey Buns

As a little girl, I was mesmerized when I watched my grandmother bake. I remember the big pastry board, knives and other implements that my Pop Pop had made for her. I also remember being very excited when I saw her take out the pastry board, because I knew that homemade Hungarian goodies were only a few hours away.

My favorite job was being her helper as she mixed and rolled her honey bun dough. I just knew that I was part of something special, and those memories are as warm and wonderful as Nana's honey buns.

Unfortunately, many of her recipes did not survive her since they were written in Hungarian, but the following recipe did. I remember my Nana warmly every time I bake her honey buns.

Cristiana M. Walkley
Wake Forest
Wake EMC member

2 packages yeast
2-½ cups warm milk
10 teaspoons sugar
Heat milk to lukewarm temp. Add sugar and yeast and let rise.

6 cups flour
5 egg yolks
2 tsp salt
Mix the 6 cups flour, egg yolks and salt. Add milk mixture to this and beat well until dough makes bubbles.

Cream ½ pound margarine with 1 cup sugar

Put dough on floured board and roll out flat. Smear margarine and sugar mixture all over the dough. Then roll dough into long roll. Cut into 1 inch pieces and arrange in a greased pan. Allow to rise 2 hours. Bake at 350 degrees. When starting to brown, brush them with mixture of ⅔ cup milk, 3 tablespoons sugar, 1 teaspoon vanilla. Return to oven until done, about 30 minutes.

Send us your best. Earn $50.

Here are the themes in our "Nothing Could Be Finer" series. Send us your stories and pictures.

January 2001
"My Advice for the New President"
What should the new U.S. President do for North Carolina and the world?
Deadline: Nov. 15

February 2001
"Why I Like My Electric Co-op"
What does co-op membership mean to you and your family?
Deadline: Dec. 15

March 2001
"My First Date"
Who, when, where, why and what happened.
Deadline: Jan. 15

April 2001
"Believe It or Not"
Tell us a true story that's hard to believe.
Deadline: Feb. 15

May 2001
"The View From Here"
What is the view from your window?
Deadline: March 15

June 2001
"Working in the Country"
What is the finest way to earn a living?
Deadline: April 15

The Rules

1. Approximately 200 words or less.
2. Only one entry per household per month.
3. E-mail or typed, if possible. Otherwise, make it legible.
4. Include your name, electric co-op, mailing address and phone number.
5. If you want your entry returned, please include a self-addressed, stamped envelope. *(We will not return others.)*
6. We pay $50 for each submission published.
7. We will post on our Web site more entries than we publish, but can't pay for those submissions.
8. Send to Nothing Finer, Carolina Country, 3400 Sumner Blvd., Raleigh, NC 27616. Or by e-mail: carolina.country@ncemcs.com. Or through the Web site: www.carolinacountry.com

Pansy Dillard's 4H rural electrification project of 1939

By Amanda Greim

I would laugh at my dad when he'd ask me to get him something out of the "icebox." That word – it was just so old. "It's called a freezer, Dad, sheesh!" I'd smirk at him before running off to the kitchen. After all, I knew everything. I was 12.

The "icebox" is a remnant of the early 1900s when refrigerators first came into our lives. Back then, the icebox actually was a box with ice in it that kept food cold. So, when the electric refrigerator came along, people called it an "icebox." It is a simpler name than "refrigerator," when you think about it. It took a while for the name to take hold. I mean, look at my Dad.

In the 1930s, when newly-formed cooperatives introduced electricity to the North Carolina countryside, people went around explaining all the new appliances that were coming into the lives of rural families. Pansy Dillard was one of those people. She grew up in Jackson County soon after electricity reached that western North Carolina region. As a member of the Sylva 4-H Club in 1939, 15-year-old Pansy embarked on a learning project that involved giving demonstrations on the wonders of electricity, including the benefits of good lighting, repairing an electric iron cord and wiring an oil lamp. She kept a record of her project and built a book she called "My 4-H Records in Rural Electrification." In her handwritten penmanship and black and white snapshots, in newspaper clippings and memorabilia, Pansy described new electrical appliances and their value to family life. She tells about her family's first electrical appliance: an iron. "Home laundry equipment, electrically operated, is the dream of every rural woman," she wrote. "No one who has ever used an electric iron would willingly go back to the old sad irons of her mother's day which were heated on the stove and were either too hot or too cold." She estimated the amount of money her family saved by purchasing an iron versus employing a servant: $321 over 15 years.

The washing machine "has eliminated the drudgery of washday," she wrote, while the radio "has given more enjoyment to the family than has any other single thing." However, the refrigerator made the biggest impact on her life. As she writes, "an electric refrigerator is so efficient in keeping foods that it can easily pay for itself in saving the things that are frequently spoiled or wasted. Nothing goes to waste that a cool temperature will preserve…I am sure that my family is much healthier and happier as a result of our electric refrigerator."

Pansy shows off the family Maytag washing machine, 1939.

Her rural electrification project won a statewide 4-H competition and she went on to attend the 1939 4-H National Congress in Chicago. The next year, her pictures about rural electrification appeared in the 4-H guidebook.

Today, Pansy Coates lives in Fairview, Buncombe County, and is active in the community, especially in 4-H. She and her husband, Braxton, own an herb business. They invite local 4-H clubs to see their gardens, and they belong to the 4-H Honor Club, a service organization of active members. They have three children — Carole, Curtis and Alan — four grandchildren and one great granddaughter.

Pansy Dillard Coates reminds us that the advances our society has made would have never come about had it not been for electricity. As she put it back in 1939, "I can say that rural electrification has brought and will bring to our farm actual dollar and cents profit and has added new comfort and beauty to farm living."

Now that we all appreciate the icebox, does anyone have a 4H scrapbook explaining the PalmPilot?

Amanda Greim is a senior in communications at North Carolina State University. She served as a public relations intern with the North Carolina Association of Electric Cooperatives last summer.

Making a flat-bottomed skiff at the Harkers Island waterfowl weekend.

The Core Sound Waterfowl Weekend

Carteret County has declared November as Waterfowl Month, not only because it's a good time to see the wild birds that characterize the coastal area, but also because of several events celebrating those birds and their relationship to regional heritage.

Betty McCain, N.C. Commissioner of Cultural Resources, will be a special guest Nov. 3 at the Dunes Club, where local carver Curt Salter and model boat builder James Allen Rose will sign copies of the new book "Carolina Preserves."

The weekend of Dec. 1-3 heralds the Core Sound Waterfowl Weekend and the annual Decoy Festival on Harkers Island. Waterfowl Weekend focuses on the emerging Core Sound Waterfowl Museum that opens for the public all weekend.

Special exhibitions include waterfowl and coastal art, waterfowl and wildlife carving, bronze sculpture, old decoy dealers, books, model boats, hunting and fishing collectibles, duck stamps and more. Also, traditional craftsmen come together to "tell the story" of Core Sound heritage. Watch a flat-bottomed skiff being built by boat builders from Marshallberg. See small boats, fly-tying demonstrations, information on local game preserves and hunting guides. Hike through a maritime forest. Visit the new museum and the temporary museum with its store.

A new event, the Core Sound Christmas Preview, will include fancy desserts, food and "Lighting of the Core Sound Tree" at the new museum ($75 per couple).

For more information about the Waterfowl Weekend, contact Core Sound Waterfowl Museum at (252) 728-1500.

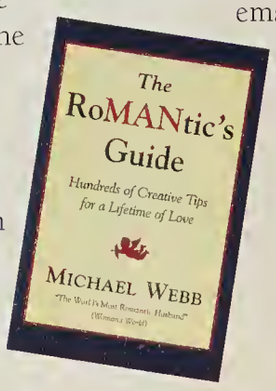
Saving Gray's lily on Tater Hill

With the help of funds collected from personalized license plate sales, the North Carolina Department of Agriculture and Consumer Services recently finalized the purchase of 158 acres of Tater Hill in Watauga County, 10 miles west of Boone, for the purpose of protecting the endangered plant species native to the area. More than 500 plant species in North Carolina, about one in seven of our native flora, are considered rare and 132 are in danger of extinction, including Gray's lily which is found on the Tater Hill site. Agriculture and Consumer Services and the Appalachian State University Biology Department will manage the site jointly. For more information contact the Public Affairs Office at (919) 733-4216.

How did you propose marriage?

Did you "pop the question" in a creative way or were you on the receiving end of a unique or humorous marriage proposal?

Michael Webb of Cary, romance expert and best-selling author of "The RoMANtic's Guide: Hundreds of Creative Tips for a Lifetime of Love," would like to hear your story and possibly use it in his new book, "The RoMANtic's Guide to Popping the Question." If your story is chosen as the grand prize winner, you will receive a five-night stay at the luxurious Radisson Aruba Caribbean Resort in addition to publication in Webb's new book. All 150 second place winners will receive a prize and inclusion in the book, which will be published in late 2001. The contest will run Dec. 1, 2000 through Feb. 28, 2001. Details and entry forms are available online at www.TheRomantic.com or from (888) 476-6268.



State of the Coast Report

During the 2000 State of the Coast Summit, the North Carolina Coastal Federation (NCCF), the state's largest nonprofit organization working to restore and protect the coast, released its annual "Coastal Report Card for 1999-2000." The report gave Governor Hunt and legislators an average grade of C, while citizens were awarded with a B+ for turning out in force on several issues. Local governments did not fare well, however, receiving a D+ for negative lobbying and support of "giant" loopholes.

The report also includes articles on protecting water quality, the future of North Carolina's barrier islands.

To receive a copy of the 2000 State of the Coast Report, contact the NCCF in Newport at (252) 393-8185 or send an email to nccf@nccoast.org.

Looking for Hatteras Light keeper families

The Outer Banks Lighthouse Society is searching for descendants of Cape Hatteras Lighthouse and Diamond Shoals Lightship keepers. The society plans a homecoming May 4-5, 2001. Family names include Austin, Barnett (e), Casey, Farrow, Fulcher, Jennett (e), O'Neal, Quidley, Rollinson, Simpson and Williams, among others.

If you believe you are a direct descendant, send your name, address, phone number and name of your relative to Hatteras Keepers Descendants Hopmecoming, P.O. Box 550, Buxton, NC 27920. Phone: (252) 995-6891. E-mail: hattkeep@outer-banks.com.

Visitors guide to Orange County

The Chapel Hill/Orange County Visitors Bureau has published a new Official Visitors Guide for Orange County. The 56-page guide includes comprehensive listings of accommodations, attractions, dining, shopping, visual and performing arts, recreation, and other areas in Orange County. For more information, visit the bureau's Website at www.chocvb.org or call (919) 968-2060.

All for the love of Traci

This is a collection of recipes by family and friends of Traci Williamson, a 15-year-old ventilator-dependent quadriplegic injured in an auto accident at the age of 14. All proceeds from this cookbook, containing 487 recipes and many kitchen hints, are dedicated to Traci. To order the cookbook, send a check payable to "Traci Williamson Cookbook Fund" for $10 plus $3 for shipping and handling to "All for the Love of Traci" Cookbook, 1929 Wright Road, Lexington, NC 27292.

Study will help farmers clean up the Neuse

New North Carolina regulations known as the "Neuse Rules" require a 30 percent reduction of nitrogen in the Neuse River Basin by 2003. In order to help farmers meet this directive, North Carolina State University and other state agencies have developed a tool to track the use of best management practices and their reduction of nitrogen. The only way to test the tool is to collect on-farm information, so interviewers will be contacting Neuse River Basin farmers October 2000 through January 2001. All farmers are encouraged to participate if contacted, and are assured that individual operator information will be kept confidential.

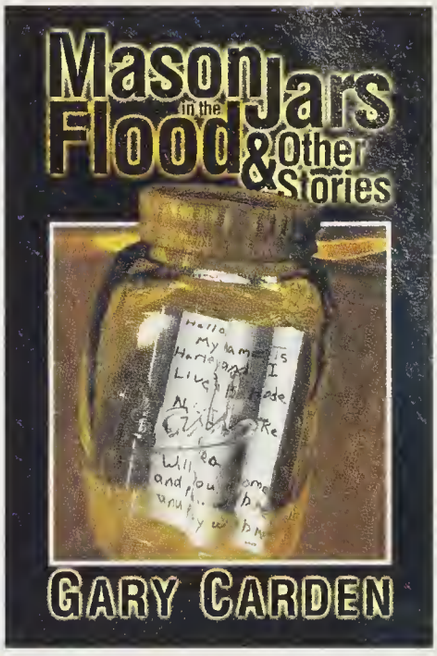
For more information, contact the North Carolina Agricultural Statistics Service at (800) 437-8451.

Fall fishing and foliage hotline

Can't decide when to take that fall foliage tour? Looking to catch spots, blues or pompanos? The North Carolina Division of Tourism, Film and Sports Development will maintain a "Leaf Peeper" and "Fall Fishing" hotline to assist travelers. A complete forecast, including a list of area festivals and events, is available online at www.visitnc.com or by calling 1-800-VISIT NC.

Tidewater History

"A Historian's Coast: Adventures into the Tidewater Past" is a collection of 22 essays by historian David Ceceslki that examine a different aspect of North Carolina's coastal history. Some essays center around rare travel journals, long-forgotten books, lost diaries, and little-known characters who lived and worked on the coast. Originally published in Coastwatch magazine, the pieces combine history, ecology and a homegrown curiosity about the region where Cecelski grew up. With 184 pages, the softcover book sells for $16.95 in bookstores. Or contact John H. Blair, Publisher 1406 Plaza Drive, Winston-Salem, NC 27103. Phone: (336) 768-1374.



Mason Jars in the Flood

New from Appalachian storyteller, Gary Carden, comes a book full of eccentric uncles, Saturday westerns, Lash La Rue, Thomas Wolfe, bizarre neighbors, childhood sweethearts and unsolved murders. "Mason Jars in the Flood" contains rich detail and expert storytelling. The book sells for $20 in hardcover at bookstores or by calling Parkway Publishers, Inc. in Boone at (800) 821-9155.

Ethnic deviled eggs

The North Carolina Egg Association has issued a set of international deviled egg recipes. They include Greek, French, Mexican and Italian. The Italian one, for example, uses ¼ cup finely chopped prosciutto, a ¼ cup mayonnaise and 2 tablespoons of grated Parmesan cheese for 6 hard-cooked eggs.

The association says that week-old refrigerated eggs when hard-cooked usually are easier to peel than fresh eggs.

For a copy of the deviled egg recipes and more international egg recipes, contact N.C. Egg Association, 1150 SE Maynard Rd., Suite 130, Cary, NC 27511. Phone: (919) 319-1195. E-mail: jdorsey@mindspring.com. Web site: www.agr.state.nc.us/markets/assoc/egg

Auctions on the Internet

One of the most curious aspects of e-commerce, and the Internet explosion in general, is online auctions.

Auctions on the Internet may be the purest form of capitalism practiced today, with buyers and sellers coming together in a central worldwide marketplace, unencumbered by intermediaries and, to a large extent, outside regulation. It encompasses individuals selling to individuals, business selling to individuals, and businesses selling to other businesses.

The most popular Internet auction site is eBay, at www.ebay.com, the tenth most trafficked of all Internet sites, according toNielsen/NetRatings. Qualitatively, it's the single best Internet site out there, according to the editors of PC World magazine, who recently evaluated factors such as usefulness, content, ease of use, and the "gee-whiz" quotient.

If you've ever bought or sold through eBay or other auction sites, you undoubtedly know what they're talking about. Online auctions are fun. Unlike most in-person auctions, they typically stretch out over days and end at a specific time. The highest bidder when the clock strikes, wins. There are tricks to placing winning bids, and other tricks in maximizing the bids placed on items you're selling.

The strategizing, ticking clock, and winning and losing impart a game quality to online auctions. But they're serious business too. eBay moves $12 million of merchandise per day, while its competitors, the auction areas of Yahoo, at http://auctions.yahoo.com, and Amazon.com, at http://auctions.amazon.com, move $500,000 and $200,000 per day respectively.

The business-to-business auction market, exemplified by sites such as FreeMarkets at www.freemarkets.com and FairMarket at www.fairmarket.com, is doing even better. Businesses using "dynamic pricing" in selling to other businesses are expected to generate $29 billion in sales this year and $60 billion next year, according to the market research group Forrester Research.

Most e-commerce software developers have added auction capabilities to their programs. Some companies have moved their entire sales operation to the online auction model.

The most popular items for sale at online auctions in the past were collectibles, but lately noncollectible items such as computers, office supplies and even heavy machinery have become dominant. Of course, you can also bid for the wacky, from taxidermied bats to debris from shipwrecked luxury liners.

You can usually pay for auctioned items with a personal check, cashier's check or money order, though many sellers ship only after a personal check has cleared. Most individuals and many businesses auctioning online don't accept direct credit-card payments because of the transaction fees or the difficulty in obtaining merchant status.

Several online services now let small businesses and even individuals accept credit-card payments. The leader is a darkhorse company called X.com, at www.x.com, with its PayPal service. The company, heavily backed by venture capital, earns revenue through premium services and interest on funds participants elect to keep in their PayPal accounts.

One benefit of paying through PayPal is its fraud protection. As long as the seller is "verified" by providing bank account information to X.com, the company will reimburse buyers for up to $5,000 of losses per year due to fraud. eBay provides fraud insurance too, but only up to $200 per item.

Fraud protection is increasingly necessary in the Wild West of online auctions. The Internet Fraud Complaint Center, a new service run by the National White Collar Crime Center and the FBI at https://www.ifccfbi.gov, receives more complaints about online auction fraud than anything else.

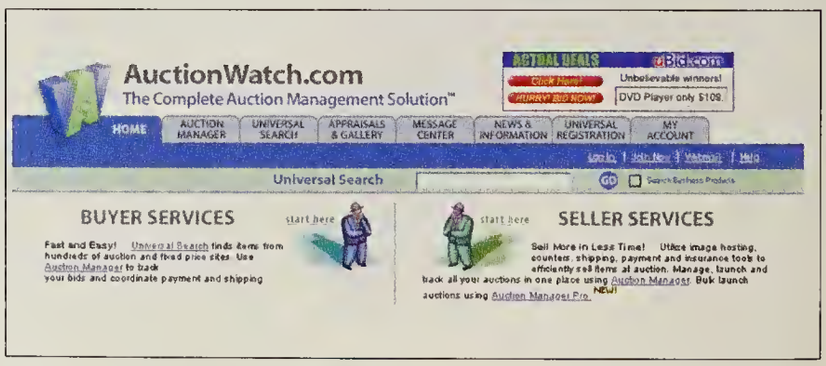
One common problem is inaccurate product descriptions. When I recently won an auction for a 1799 silver dollar at eBay, I discovered after receiving it that it had a plug in it, a result of someone in the past drilling a hole to make jewelry and someone later filling that hole with a silver plug. The plug wasn't mentioned in the description of the coin by the seller, a coin dealer who couldn't have missed it. It devalued the coin by two-thirds. The seller agreed to refund my money — only after I spelled out these facts.

Two good Web sites where you can arm yourself against online auction fraud are the FTC's "Internet Auctions: A Guide for Buyers and Sellers," available with other useful tips at www.ftc.gov/bcp/menu-internet.htm, and AuctionWatch.com, at www.auctionwatch.com.

The latter site is a terrific resource about online auctions in general. It provides tips on successful auction strategies, an auction search engine, auction software, news about the online auction world and discussion groups.

Among the issues explored by AuctionWatch.com is auction addiction. "Addiction" might seem an improbable word here, but only if you haven't experienced the curious phenomenon of online auctions.

Reid Goldsborough is a syndicated columnist and author of the book Straight Talk About the Information Superhighway. He can be reached at eidgold@netaxs.com or members.home.net/reidgold.



The Power Of Human Connections.

8:45 PM, Asheboro, NC. We all have a powerful connection to the place we call home. And we all want to make our homes better places to be. That's why we go beyond electricity to bring you products and services that make yours safer and more comfortable. It's just another way we're working to give you the power you need to make all your human connections — which is what our connection to you is all about.

North Carolina's electric cooperatives

Your Touchstone Energy® Cooperative

The Business of ELECTRIC COOPERATIVES

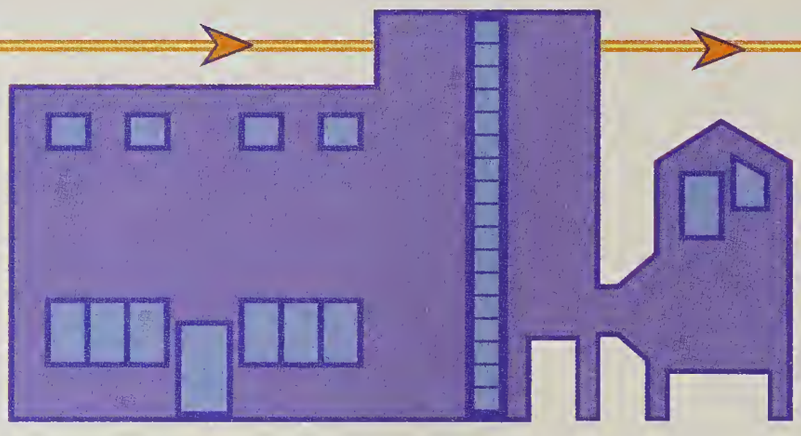
The Path of electricity

Electricity often travels long distances before reaching your home or business. Your electric cooperative buys wholesale power produced at generating facilities and distributes it through substations and power lines to consumer-members in its system.

Illustration by Katherine Fowler

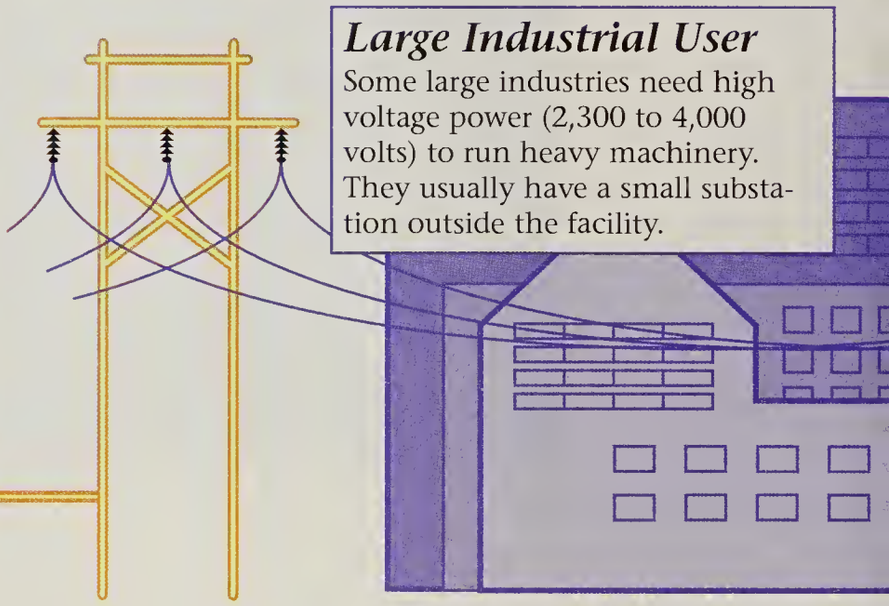
Power Plant

Inside a generating plant, water is heated to steam by nuclear reaction or fuels such as natural gas, oil and coal. Steam turns turbines and magnets to produce electric energy. Water at hydroelectric dams also can turn turbines.



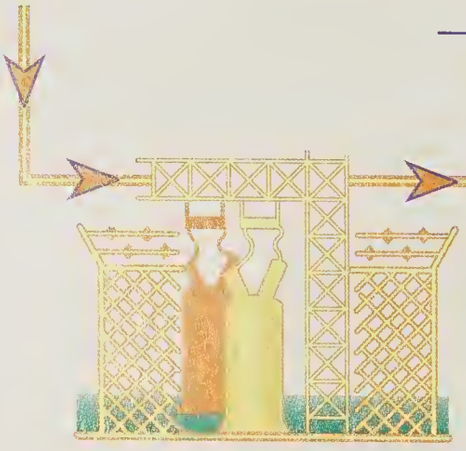
Large Industrial User

Some large industries need high voltage power (2,300 to 4,000 volts) to run heavy machinery. They usually have a small substation outside the facility.



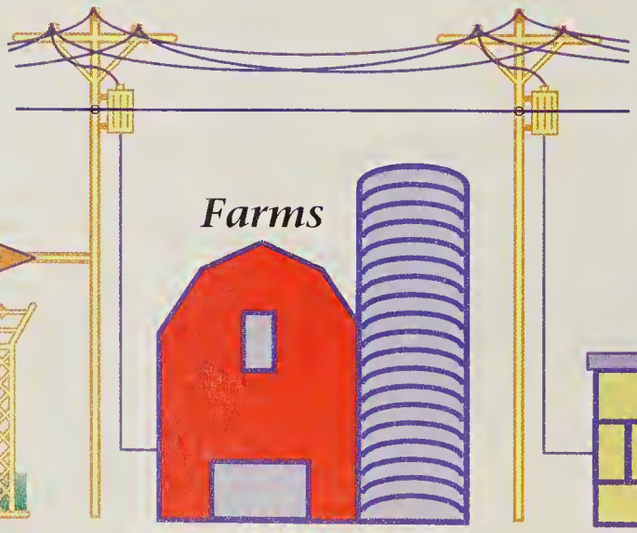
Local Substation

Transformers in medium-voltage neighborhood substations reduce the voltage even more to be distributed to homes and businesses. Your electric cooperative operates several of these substations.



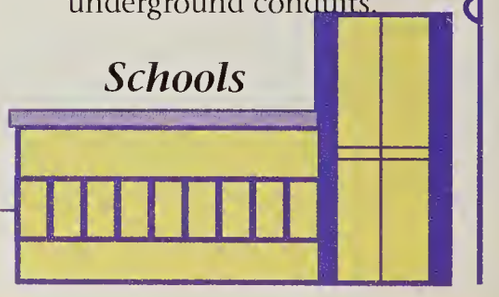
Distribution Lines

Your cooperative's distribution lines carry 7,200 to 13,200 volts of power. These poles may also hold telephone and cable TV lines. In some areas, distribution lines are in underground conduits.



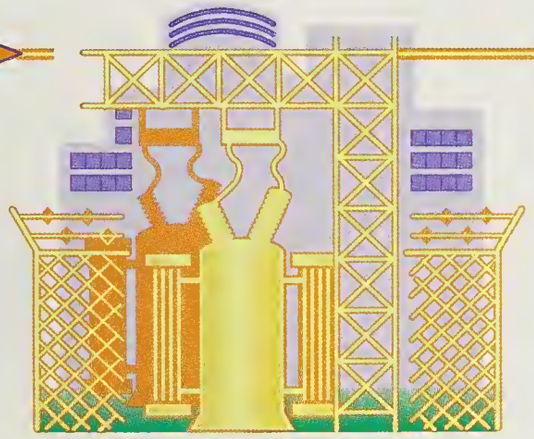
Farms

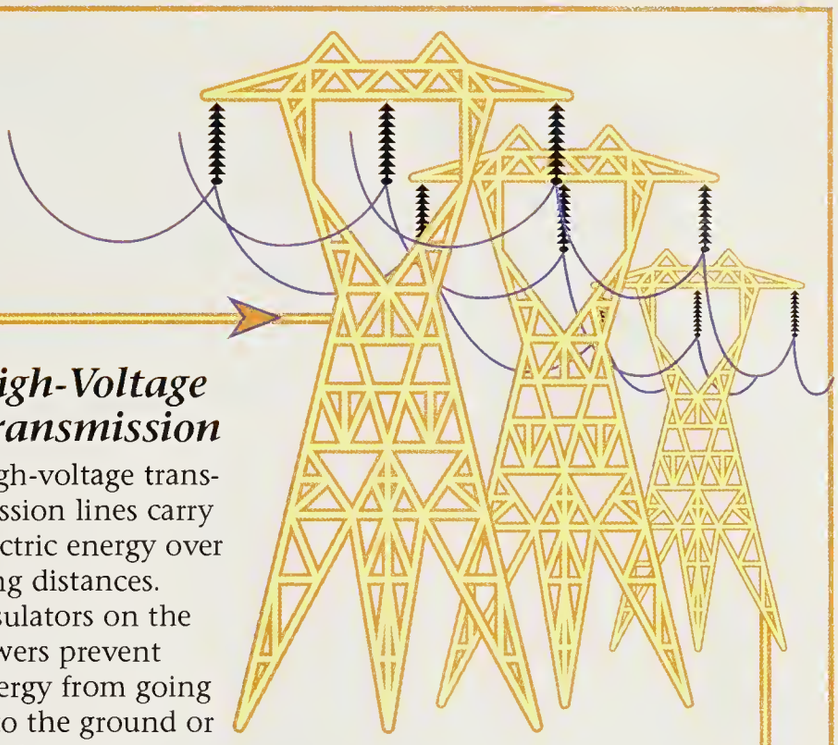
Schools



Step-Up Substation

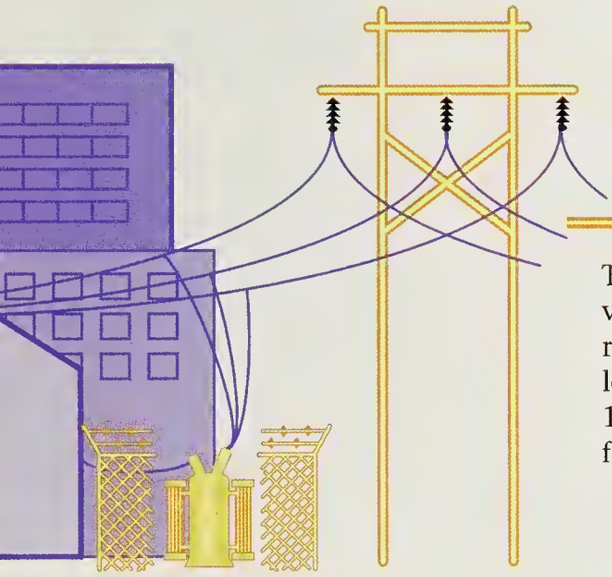
Substation transformers at generating plants increase electric energy's pressure (voltage) so it can move long distances over power lines that transmit up to 500,000 volts.



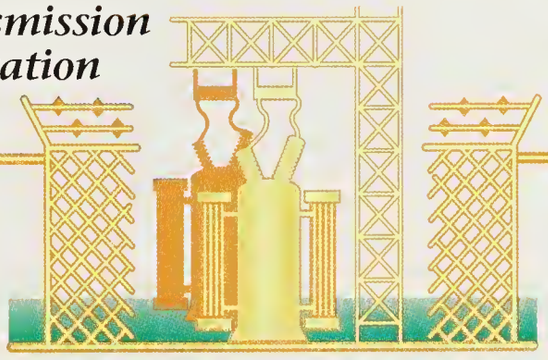


High-Voltage Transmission

High-voltage transmission lines carry electric energy over long distances. Insulators on the towers prevent energy from going into the ground or on the structure.



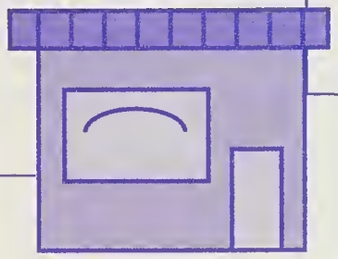
Transmission Substation



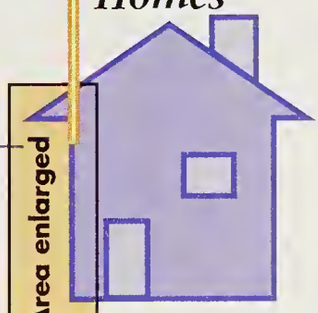
Transformers at high-voltage substations reduce voltage to a lower level (34,500 to 115,000 volts) suitable for local use.

Electric power passes through transformers on poles to reduce voltage to levels for use inside farms, schools, small businesses and homes (120/240 volts).

Small Businesses

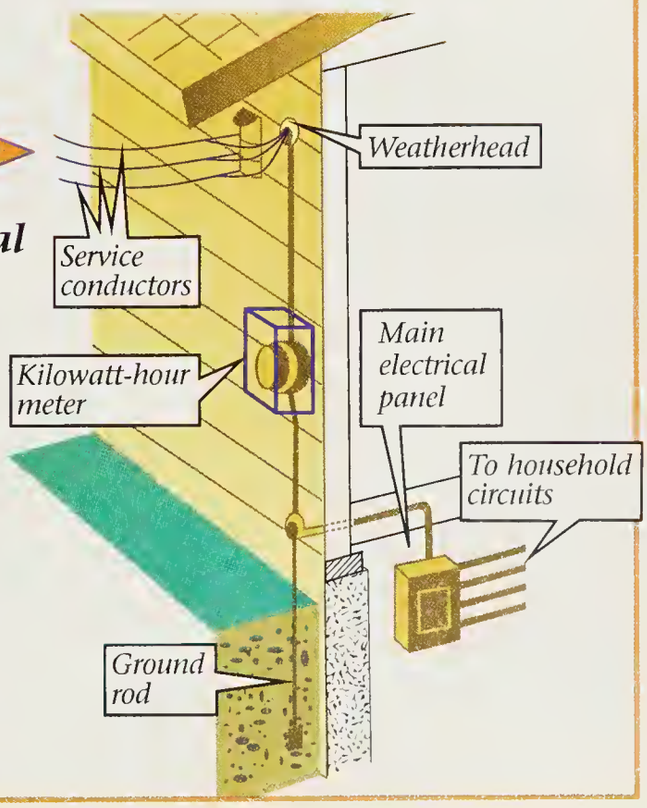


Homes



Area enlarged

Residential Electrical Delivery



November

MOUNTAINS
(west of I-77)

The Old Barn and Other
Architectural Relics
Through Nov. 15, Asheville
Folk Art Center, (828) 298-7928,
www.southernhighlandguild.org

"There's No Place Like Home"
Exhibit, Through Nov. 16,
West Jefferson, Ashe Arts Center,
(336) 246-ARTS

Holiday Celebrations
Nov. 1-Jan. 10, Balsam
Area arts and crafts,
10 a.m.-9 p.m., (828) 452-4864

Coffee House Talent Night
Nov. 4, Jefferson
Jefferson Methodist Church,
7:30 p.m., (336) 246-ARTS

Sidewalk Yard Sale
Nov. 4, Marion
Main Street, 7:30 a.m.-midday,
(828) 652-2215

Beaver Tales
Nov. 4, Marion
Discussion, hike, Lake James State
Park, 10 a.m.,
(828) 652-5047

Home for the Holidays
Nov. 6-Dec. 31,
Hendersonville & Flat Rock
Holiday events, (800) 828-4244

"A Tuna Christmas"
Nov. 8-19, Flat Rock
Comedy, Flat Rock Playhouse,
(828) 693-0731

"The Sound of Music"
Nov. 10-12, 17-19, Marion
Musical, East Junior High School
Auditorium, (828) 659-7529

"Antigone"
Nov. 10-19, Waynesville
Greek play, Performing Arts Center,
(828) 456-6322

Pastels
Nov. 11, Gastonia
Art 1 Gallery, (704) 854-8800

Holiday Parade
Nov. 11, West Jefferson
2-4 p.m., (336) 246-8473

Birds of the Woods
Nov. 11, Marion
Discussion, hike,
Lake James State Park, 10 a.m.,
(828) 652-5047

Christmas Traditions
Nov. 17-18, 24-25,
Dec. 1-2, 8-9, Boone
Appalachian Cultural Museum,
(828) 262-3117

Christmas Bazaar
Nov. 18, Canton
Arts and crafts fundraiser, Bethel
School, 9 a.m., (828) 648-7925

Tellabration
Nov. 19, Asheville
Storytelling, Folk Art Center,
3-6 p.m., (828) 298-7928

Christmas Parade
Nov. 19, Marion
Main Street, 3 p.m.,
(828) 652-3551

Primal Muse: Collection of Natural Pigment Paintings
Nov. 21-Dec. 23, Gastonia
Art 1 Gallery, (704) 854-8800

Trees and Wreaths
Nov. 21-Dec. 31, West Jefferson
Ashe Arts Center,
(336) 246-ARTS

Tree Lighting
Nov. 23, Old Fort
Downtown, 7 p.m.,
(828) 668-7223

Christmas in the Park and Lighting of the Town
Nov. 24, Blowing Rock
Memorial Park, 5 p.m.,
(800) 295-7851,
www.blowingrock.com

Christmas Crafts and Greens Fair
Nov. 24-25, Maggie Valley
9 a.m.-4 p.m., (828) 926-8021

Christmas at Lake Junaluska
Nov. 24-Jan. 6, Lake Junaluska
(828) 452-2881

Christmas Parade
Nov. 25, Blowing Rock
Main Street, 2 p.m.,
(800) 295-7851,
www.blowingrock.com

Maggie Valley Christmas Parade
Nov. 25, Maggie Valley
(828) 926-1686

Christmas Dinner Show
Nov. 25-Dec. 31, Maggie Valley
Carolina Nights Dinner Show,
7 p.m., (828) 926-8822

Southern Highland Craft Guild Holiday Celebration
Nov. 26- Dec. 17, Asheville
Every Sunday, Folk Art Center,
(828) 298-7928

Christmas Parade
Nov. 27, Waynesville
4 p.m., (828) 456-3517

"A Christmas Carol"
Nov. 28, West Jefferson
Play, Ashe Civic Center,
7:30 p.m., (336) 246-ARTS

"The Littlest Angel" & "The Gift of the Magi"
Nov. 29-Dec. 17, Flat Rock
Holiday plays, Flat Rock Playhouse,
(828) 693-0731

Festival of Trees
Nov. 30-Dec. 3, Brevard
Benefits Children's Hospital of
Transylvania Co., Silvermont
Mansion, 10 a.m.-8 p.m.,
(828) 877-5572

Christmas Dinner and Dance
Dec. 2, West Jefferson
Ashe Civic Center,
7 p.m.-12 a.m., (336) 246-4483

Christmas Tour of Homes
Dec. 3, West Jefferson
Ashe Civic Center, 2-6 p.m.,
(336) 246-4483

Holiday Concert
Dec. 3, West Jefferson
West Jefferson First Baptist Church,
(336) 246-ARTS

Night-time Lighted Christmas Parade
Dec. 7, Canton, 7 p.m.,
(828) 648-7925

PIEDMONT
(between I-77 & I-95)

"Interiors"
Through Dec. 3, Raleigh
Exhibit, N.C. Museum of Art,
(919) 839-6262

Unseen Treasures: Imperial Russia and the New World
Through Dec. 31, Charlotte
Art exhibit of Russian artifacts,
Mint Museum of Art,
(704) 337-2000,
www.mintmuseum.org

"Beakman's World"
Through Jan. 7, 2001, Durham
Interactive displays, Museum of
Life and Science, (919) 220-5429

Ansel Adams Exhibit
Through Jan. 7, Raleigh
N.C. Museum of Art,
(919) 839-6262

Designing in Raffia: Kuba Embroideries from the Congo
Through Jan. 7, Raleigh
N.C. Museum of Art,
(919) 839-6262

The Dinosaurs of Jurassic Park: The Lost World
Through Jan. 15, Raleigh
Traveling exhibit, N.C. Museum of
Natural Sciences, (919) 733-7450,
www.naturalsciences.org

Ansel Adams photography exhibit, through Jan. 7

England and America:
Collaboration in Clay
Through Feb. 11, Charlotte
Pottery exhibit, Mint Museum
of Art, (704) 337-2000,
www.mintmuseum.org

Old Salem 1950-2000: Historic Preservation
Through April 6, Winston-Salem
50th Anniversary Display,
The Gallery at Old Salem,
(336) 721-7300

Army Soldier Show
Nov. 1, Fayetteville
Crown Coliseum, 4 p.m. &
7:30 p.m., (910) 323-5088

Holly Day Fair
Nov. 2-5, Fayetteville
Craft show, Crown Coliseum
Expo Center, (910) 323-5088

Koi Show 2000
Nov. 3-5, Charlotte
Embassy Suites Hotel,
(704) 289-9858,
www.pkwsonline.com

Cozy Cottage Craft Sale
Nov. 3-4, Kernersville
Kernersville Community House,
(336) 993-226

President Polk Birthday Celebration
Nov. 4, Pineville
James K. Polk Memorial,
(704) 889-7145

Plow Day
Nov. 4, Pinnacle
Horne Creek Farm,
10 a.m.-4 p.m., (336) 325-2298

Gold Chorus Extravaganza
Nov. 4, Southern Pines
Barbershop quartet music, Pinecrest High School Auditorium, 7 p.m., (910) 673-6939

"Victoria"
Nov. 7-8, Winston-Salem
Drama-comedy, Stevens Center, (336) 721-1945

Duke Children's Hospital Benefit Horse Show
Nov. 7-12, Raleigh
James B. Hunt Horse Complex, N.C. State Fairgrounds, (919) 667-2580

Southern Christmas Show
Nov. 9-19, Charlotte
Charlotte Merchandise Mart, (800) 849-0248

Southern Christmas Show
Nov. 9-19

"Franklin's Big Adventure"
Nov. 10,
Winston-Salem
Musical for kids, Stevens Center, 10 a.m. & 7 p.m., (336) 721-1945

"Bunnicula"
Nov. 10-11, Salisbury
Youth theater, Meroney Theater, (704) 633-5471

Storytelling Festival
Nov. 10-11, Kernersville
Körner's Folly, (336) 996-7922

Antiques Show
Nov. 10-12, Southern Pines
Pine Needles Convention Center, (910) 692-2051

Pottery Open House
Nov. 12, Bailey
Potters' display, demo, Finch Pottery, 10 a.m.-5 p.m., (252) 235-4664

The Will Rogers Follies
Nov. 15, Winston-Salem
Musical, Stevens Center, (336) 721-1945

"Always...Patsy Cline"
Nov. 17, Fayetteville
Musical, Crown Coliseum Auditorium, (910) 323-5088

Piedmont Crafts Fair
Nov. 17-19, Winston-Salem
M.C. Benton Convention Center, (336) 725-1516,
www.piedmontcraftsmen.org

Festival of Trees
Nov. 17-19, Southern Pines
Benefits Sandhills Children's Center, Pine Needles Lodge & Golf Club, (910) 692-3323

Family Fun: Building Bridges
Nov. 18, Spencer
Kids 4-12 years, N.C. Transportation Museum, 10 a.m.-12 p.m., pre-reg., (704) 636-2889

"The Beatles Legend...Classical Mystery Tour"
Nov. 18, Fayetteville
Concert, Crown Coliseum Auditorium, (910) 323-5088

Old Salem Christmas
Nov. 18-Dec. 31, Winston-Salem
Old Salem, (336) 721-7300

Seagrove Sunday
Nov. 19, Seagrove
Area potteries, 9 a.m.-5 p.m., (336) 873-7258

Seagrove Pottery Festival
Nov. 19, Seagrove
Seagrove School gym, 10 a.m.-7 p.m., (336) 873-7887

American Jubilee Christmas Show
Nov. 23-Dec. 23, Selma, (919) 202-9927

Antiques Extravaganza
Nov. 24-26, Winston-Salem
LJVM Coliseum Annex & Ed. Bldg., (336) 924-8337

Pottery Open House
Bailey, Nov. 12

Sandhills Ballet Theater Christmas Spectacular
Nov. 25-26, Southern Pines
Owens Auditorium, (910) 695-1579

Model Train Show
Nov. 25-26, Southern Pines
Campbell House basement, 12-5 p.m., (910) 295-2154

Holiday Festivities & Tree Lighting
Dec. 1, Pinehurst
6:30 p.m., (910) 295-2422

A Colonial Christmas Celebration
Dec. 2-3, Raleigh
Joel Lane Museum House, (919) 833-3431

Ava Gardner Birthday Celebration
Dec. 2,
Smithfield,
Ava Gardner Museum,, (919) 934-5830

Ava Gardner Museum
Christmas Cotillion, Dec. 2

Tobacco Farm Life Museum Christmas
Dec. 2, Kenly
Tobacco Farm Life Museum, (919) 284-3431

Christmas at Bentonville
Dec. 2-3, Four Oaks
Bentonville Battleground, (910) 594-0789

Reed's Christmas Celebration
Dec. 3, Stanfield
Reed Gold Mine, 1-5 p.m., (704) 721-4653

COAST
(Part of I-95)

Invitational Art Exhibit
Through Nov. 4, Beaufort
N.C. Maritime Museum, (252) 728-7317

Classic Creations of N.C.
Through Nov. 12, Wilmington
Handmade crafts, Latimer House, 10 a.m., (910) 762-0492

"Ocracoke Island, 1955"
Through Nov. 26, Ocracoke
Photo exhibit, Ocracoke Preservation Society Museum, (252) 928-7375

African-American Builders & Architects in NC: 1730-1865
Through Dec. 31, Elizabeth City
Exhibit, Museum of the Albemarle, free, (252) 335-1453

City Works Exhibit
Through Dec. 18, Wilmington
Wilmington Children's Museum, (910) 254-3534

Checker Tournament
Nov. 3-5, Ahoskie
At Ahoskie Inn, (252) 356-4459

Festival Latino 2000
Nov. 4, Wilmington
Hugh MacRae Park, 11 a.m., (910) 799-2900

Brits and Battleships: A Classic Car Show
Nov. 4, Wilmington
Battleship Riverside Park, 10 a.m., (910) 791-9981

Mill Creek Oyster Festival
Nov. 4, Morehead
City Mill Creek
Volunteer Fire Dept., (252) 726-0542

The Sun is over the Yardarm
Nov. 4-5, Beaufort
N.C. Maritime Museum, (252) 728-7317

Holly Days
Nov. 4-5, Camden
Camden High School Gym, (252) 338-3868

Museum Fest: Art & Craft Festival
Nov. 5, Richlands
Onslow County Museum, 10 a.m.-5 p.m., (910) 324-5008

"Historically Speaking"
Nov. 9,
Elizabeth City
Discussion on African-Americans in the Albemarle, Museum of the Albemarle, 7 p.m., (252) 335-1453

"Why, Soldier, Why?"
Nov. 9, New Bern
Colonial military music, Tryon Palace, 7 p.m., (252) 514-4900

Bladen County Ag & Business Expo
Nov. 10-11, Clarkton
Open to public, Bright Leaf Warehouse, (910) 862-4591

Farm Toy Show
Nov. 10-11, Washington
P.S. Jones Middle School, (252) 946-4444

Native American Festival
Nov. 10-12, Wilmington
Poplar Grove Plantation, (910) 686-9518

Veteran's Day Red Cross Blood Drive
Nov. 11, Wilmington
Battleship North Carolina, 9 a.m.,
(910) 251-5797

Veteran's Day Celebration
Nov. 11, Wilmington
Wilmington National Cemetery
,(910) 763-3702

Veteran's Day Parade
Nov. 11, Morehead City, Downtown,
(252) 728-8440

Dinner Show
Nov. 11, Dec. 2, Rose Hill, Duplin Winery,
6:30 p.m., (800) 774-9634

Migrations: Jewish Settlers in Eastern N.C.
Nov. 12-Feb. 25, Wilmington
Traveling exhibit, Cape Fear Museum,
(910) 341-4350

"The Nutcracker Ballet"
Nov. 16, Wilmington
One-hour version, Thalian Hall,
(910) 343-3664

Holiday Shopping Gala
Nov. 17-19, Wilmington
Coastline Convention Center,
9 a.m., (910) 799-7405

U.S. Air Force Rhythm in Blue Jazz Ensemble
Nov. 18, Bayboro, Pamlico County
Primary School, 7:30 p.m.,
(252) 249-3079, www.pamlicomusic.org

2nd Annual Ho Down
Nov. 18, Wilmington
Poplar Grove Plantation, 5 p.m.,
(252) 686-4559

Jumble Sale
Nov. 18, Beaufort
Beaufort Historic Site,
(252) 728-5225

Arts & Crafts Holiday Show
Nov. 18-Dec. 9, Morehead City
Morehead Plaza Shopping Center,
(252) 726-3354

Holiday Celebration
Nov. 22-Dec. 21, New Bern
Tryon Palace, (252) 514-4900

Film Nite
Nov. 24, Wilmington
Mollye's Market, 8 p.m., (910) 772-9989

Holiday Arts and Crafts Show
Nov. 24-25, Cape Hatteras
Cape Hatteras School, 10 a.m.-4 p.m.,
(252) 441-7982

Coastal Invitational Showcase
Nov. 24-26, Morehead City
Arts and crafts, Crystal Coast
Civic Center, (252) 729-7001

Marine Expo
Nov. 24, Wilmington
Coastline Convention Center,
(910) 763-6739

Farm Toy Show
Nov. 24-25, Goldsboro
Wilson County Ag Center,
(252) 243-0695

Cine Noir: A Black Film Series
Nov. 24-26, Wilmington
(910) 350-2681

Christmas in the Country
Nov. 24-Dec. 16, Kenansville
Fridays and Saturdays only, Music,
Kenan Memorial Auditorium, 8 p.m.,
(910) 296-2345

Walking Tour of the Lake
Nov. 24-Dec. 31, Carolina Beach
Starts month-long holiday festival,
7 p.m., (910) 458-7116

N.C. Holiday Flotilla
Nov. 25, Wrightsville Beach
Lighted boat parade, (910) 791-4122

Hospice Festival of Trees
Nov. 25-Dec. 3, Wilmington
Wilmington Hilton Riverside,
(910) 772-5474

Lighted Night-Time Parade
Dec. 1, Carolina and Kure Beaches
(910) 458-5403

Core Sound Waterfowl Weekend and Festival
Dec. 1-3, Harkers Island
Core Sound Waterfowl Museum,
(252) 728-1500

Crystal Coast Christmas Flotilla
Dec. 2, Morehead City
Morehead City and Beaufort
waterfronts, (252) 726-8148

Hospice Festival of Trees
Dec. 2-7, Morehead City
Crystal Coast Civic Center,
(252) 247-3883

Newport Christmas Parade
Dec. 3, Newport
2:30 p.m., (252) 223-4749

Beaufort Christmas Parade
Dec. 6, Beaufort, 4 p.m., (252) 728-1310

Deadline for January . . . .November 22
Deadline for February . . .December 22

A phone number must be included with event listings in order to be published.

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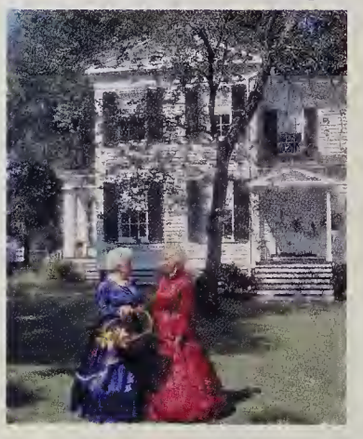

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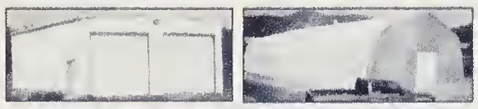

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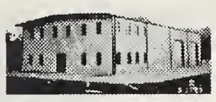

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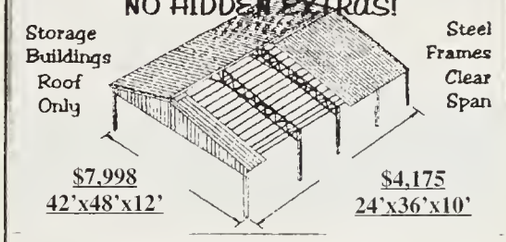

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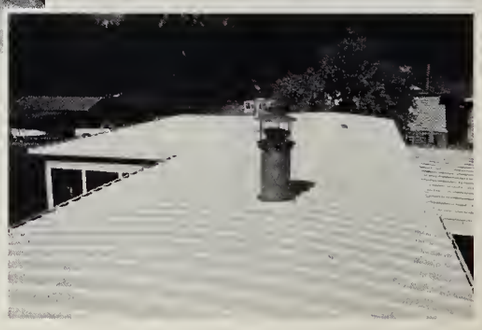

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criss cross 56 familiar birds

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11 letters:
HUMMINGBIRD
MOCKINGBIRD

10 letters:
KINGFISHER
NUTCRACKER
WOODPECKER

9 letters:
BLACKBIRD
NIGHTHAWK
SANDPIPER

8 letters:
BLUEBIRD
~~CARDINAL~~
STARLING
TITMOUSE

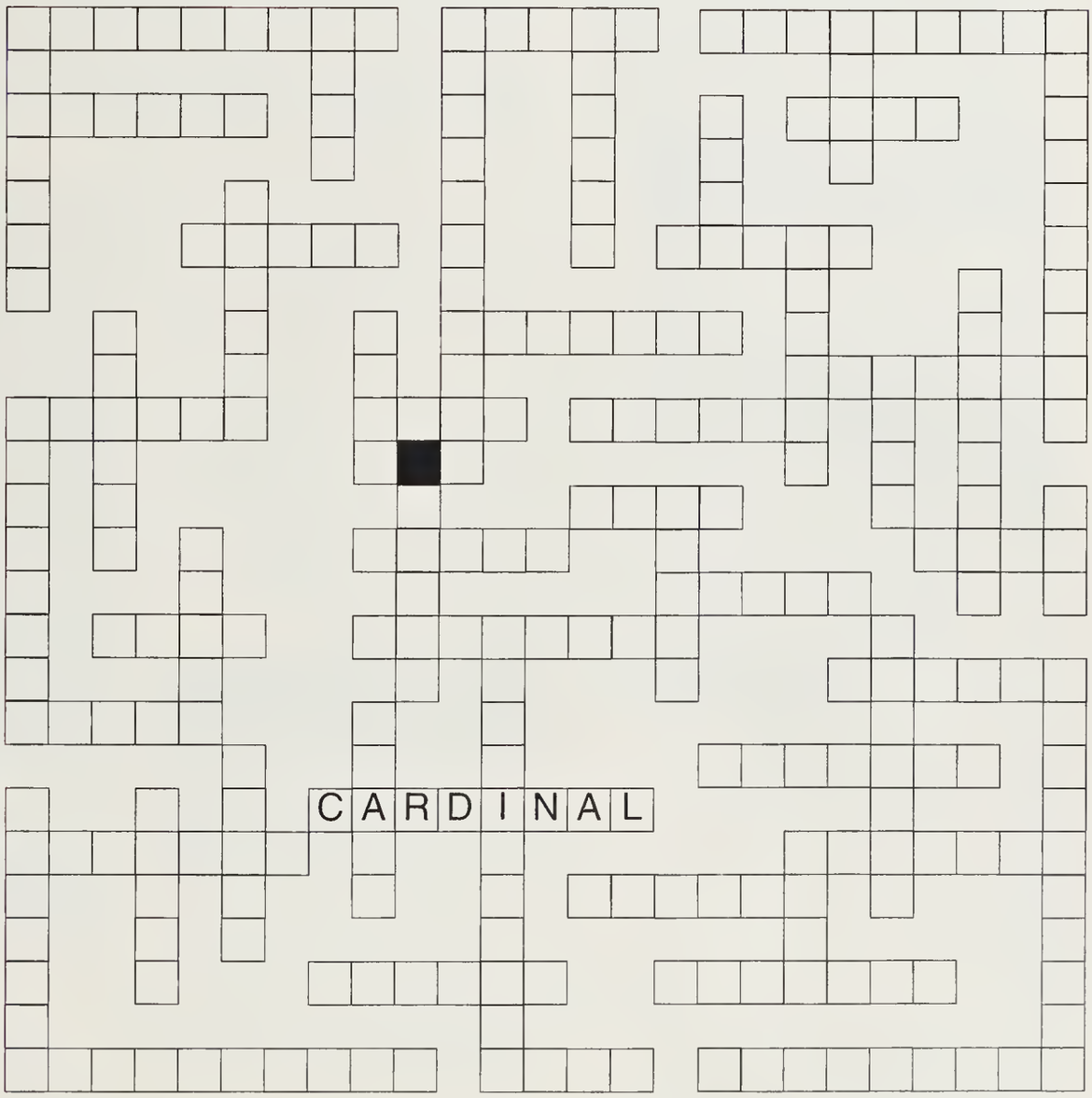
7 letters:
BITTERN
BLUEJAY
BUNTING
CREEPER
KINGLET
SWALLOW
TANAGER
VULTURE
WAXWING

6 letters:
CUCKOO
GROUSE
MAGPIE
MARTIN
ORIOLE
PIGEON
PLOVER
SHRIKE
THRUSH
TURKEY

5 letters:
CRANE
EAGLE
FINCH
GOOSE
GREBE
HERON
JUNCO
QUAIL
ROBIN
SNIPE
SWIFT
VIREO

4 letters:
COOT
CROW
DOVE
DUCK
GULL
HAWK
LARK
LOON
RAIL
SWAN
TERN
WREN

3 letters:
OWL



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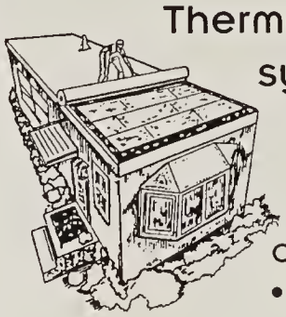

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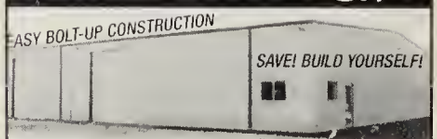

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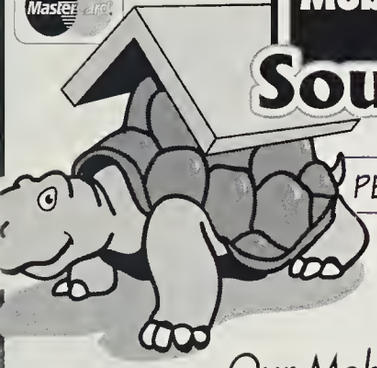

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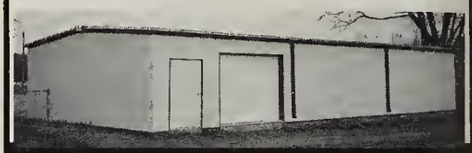

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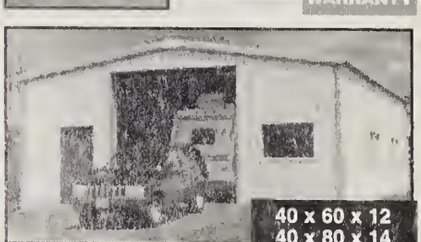

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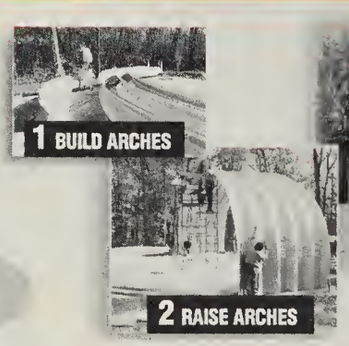

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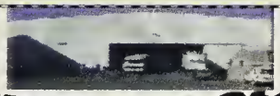

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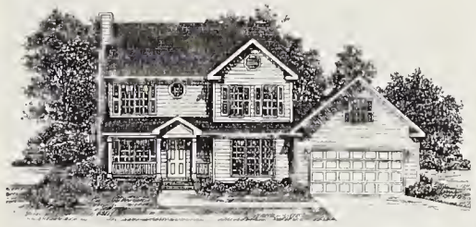

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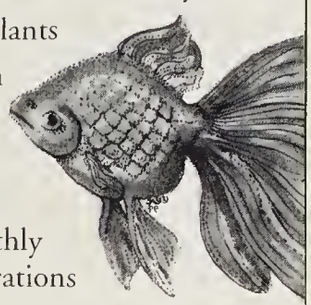

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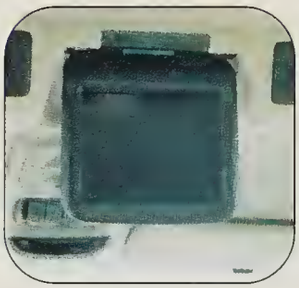
A buyer's guide by Sharon O'Malley

Video to Go

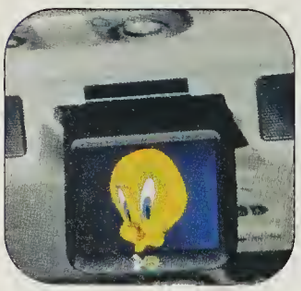
It's not just for the living room anymore. Or the family room. Or the den. Families-on-the-go are toting television screens with them — and manufacturers of minivans are making sure the back-seat passengers can view their favorite videos on the road.

Rear view



Drivers who buy the Pontiac Montana extended model can opt for a factory-installed rear-seat entertainment system — a video screen, VCR, remote control and room to store tapes. The minivan comes with auxiliary power outlets in front and back. And the car has separate audio controls for front, middle and rear passengers, so each can turn it up or tune it out. The car costs around $26,265 at Pontiac dealers.

I taw I taw. . .



Chevrolet has a Warner Bros. edition of its Venture minivan. The car comes with a video screen for back-seat passengers, who can listen to CDs or watch videos, and an audio system that lets front-seat riders catch up on the news. The Venture features a slew of child-friendly safety features, including a video signal that alerts the driver if someone is standing behind the minivan when it's in reverse. The minivan sells for around $30,945 at Chevy dealers.

Not too late

If you bought a 1998 or 1999 Plymouth Voyager, Dodge Caravan or Chrysler Town & Country, you can still have a video cassette player installed. DaimlerChrysler, which is offering the entertainment system on all of its new minivans, will mount one in yours between the second-row seats, so children can stay buckled up while changing tapes. The rear-seat video entertainment systems are offered through Mopar, the company's equipment replacement parts division, for about $1,350 plus installation. Visit www.daimlerchrysler.com to learn more.

It's in there!

All model year 2000 Nissan Quest minivans include a video entertainment center as standard equipment. The console, which has a retail value of $1,099 installed, is mounted between the front driver and passenger seats, and consists of a VCR, 6.4-inch TV screen, remote control and headphone jacks. For 2001, the Quest will have a ceiling-mounted screen, concealed video cassette player and rear-seat remote control, available in all models without sunroofs.

Used cars

So you're not in the market for a new minivan, but you'd still like to keep the kids captivated on road trips. Before they "drive" you crazy, rig up an Audiovox Mobile Video system. It has an overhead, drop-down, color video screen — 6.8 or 13 inches — for mounting in overhead consoles. Or opt for the EZ Fit Console, a self-contained entertainment center complete with a 5-inch color TV and video player. It fits in most minivans and includes a built-in speaker and two headset jacks. Prices range from $800 to $2,500. Call (800) 290-6650 for dealer locations.

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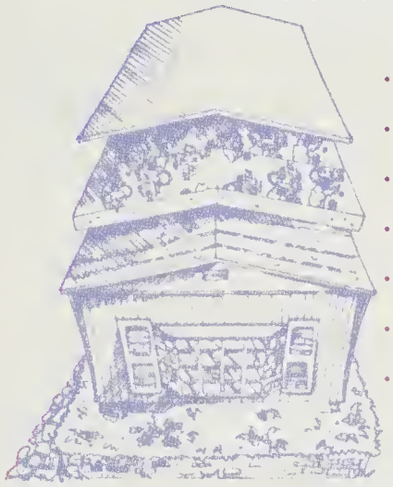

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How humidifiers can take winter's dryness out of your house

By James Dulley

Humidifiers can help remove dryness indoors during fall and winter. There are hundreds of models of humidifiers ranging from $20 to $200. The effectiveness of each design does vary significantly depending on your specific home and needs. Actually, the static sparks from fingertips are the least of the problems, especially if you have allergies.

One of the best indications of excessive humidification is when your windows (especially double pane, thermal) start to sweat. As the outdoor temperature drops, you will find that you have to run the humidifiers less to control window condensation. You can generally maintain a humidity level 25 percent higher with thermal windows than with single pane windows without causing condensation.

Indoor air that is excessively dry can be as much of a problem as air that is overly humid. For example, harmful bacteria and viruses can thrive in your home in very dry conditions, while dust mites and molds thrive in very humid conditions. Large seasonal indoor humidity level swings can seriously damage the house structure, furniture and cabinetry.

Running a humidifier to maintain a comfortable and healthy indoor environment can lower your heating bills overall in several ways. When the indoor air is too dry, moisture from your skin evaporates at a very rapid rate even though you are not aware of the moisture loss. This evaporation lowers your skin temperature. With properly humidified air, you can often set the furnace or heat pump thermostat a few degrees lower to reduce your heating bills and still feel comfortably warm. Also, if your house is overly dry, the lumber framing may shrink during the heating season. This allows cracks to form and gaps to open which increases cold outdoor air leakage into your house.

When making your selection, first determine the moisture output capacity (gallons per day) of the humidifier that you need. Although this is somewhat dependent on your climate, a newer airtight, 2,000 square-foot house typically needs about five gallons per day and a loose one needs about 10 gallons per day to maintain an adequate humidity level.

The humidifier packaging often has sizing capacity charts. Since humidifiers are not extremely expensive, it is better to err on the smaller side. You can always buy another one and locate them in each end of your home. If you err on the large side, it will not run often and it may dump too much humidity into the air where it is located.

Once you determine the proper moisture output capacity, you must select among the various humidifier designs available — evaporative, steam mist (vaporizers), warm mist, cool mist and ultrasonic. Each humidifier design has particular advantages depending on your specific comfort and health needs.

Evaporative models, where a quiet, low-wattage fan draws the room air through a wet wick or filter, typically have the greatest moisture output, up to 13 gallons per day (gpd). Select one with a tank housing and wick materials that are antibacterial. These designs are also easy to clean out. A humidistat is a plus, but evaporative models tend to self-regulate the moisture output even without a humidistat. I use this type in my own home.

Many models are available with replaceable paper wicks or permanent wicks. The newest design concept uses continuously cascading water over the wick instead of the wick being submerged in water. To also help clean the air, consider getting several smaller evaporative tabletop (3.3 gpd) models that combine an air cleaner along with a humidifier in one unit.

Hot steam mist humidifiers are effective. Since they boil the water, most microorganisms are killed and no hard water deposits (white dust) are emitted. Steam mist designs use more electricity than other fan-only designs and they do not self-regulate the humidity level. Although the multi-wall housing stays cool, the steam outlet may hurt a child's hand.

A warm mist design combines a hot steam mist with a cooler airflow for safety. It uses the most electricity of all the designs to boil the water and for the fan. Ultrasonic humidifier designs vibrate the water at high frequency to introduce moisture into the room air. These use little electricity, but can create the white dust like a cool mist model.

Cool mist designs use little electricity and are safe around children. There are many variations, but basically, a spinning impeller picks up water from the reservoir and slings it into a screen to create a fine mist. In hard water areas, this can create a fine white dust near it and it does not kill or filter out microorganisms like a steam mist model.

Write for (instantly download - www.dulley.com) Update Bulletin No. 468 - buyer's guide of 10 humidifier manufacturers listing designs, styles, moisture outputs, features, prices, recommended sizing chart and window condensation charts. Please include $3.00 and a business-size SASE. Send it to: James Dulley, Carolina Country, P.O. Box 54987, Cincinnati, OH 45254.

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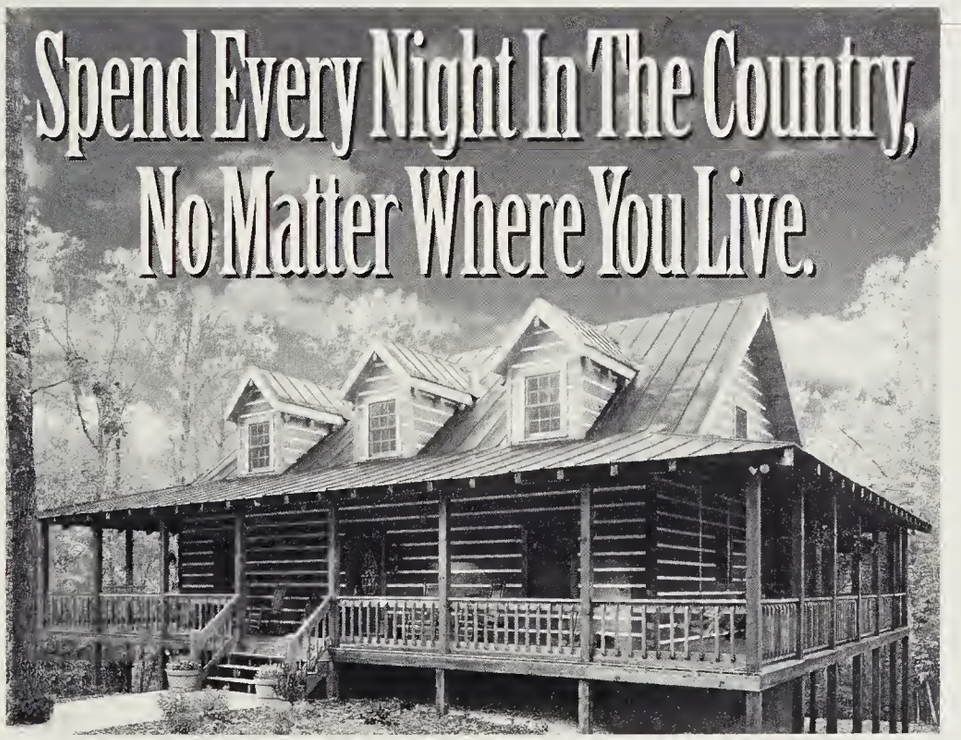

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by Hank Smith

Camellias have been the aristocrats of Southern gardens since the first plants were brought from England in the 1800s.

As summer transcends to winter, the pleasures and chores of the garden don't end.

Beds of perennials and shrubs need to have an overcoat of winter mulch to protect them from the ravages of winter's cold blasts. Remove any dead branches and twigs from larger plants. Prune the top stray branches of tea roses. Remove and destroy all diseased branches and leaves. Water indoor windowsill gardens when the soil becomes dry. Remember, English ivy needs less water than other plants, usually once every 10 days to two weeks. Houseplants are in a semi–dormant period. Ideally, you should place them in windowsills with southern or western exposure. Artificial light is also helpful. Garden centers offer special lights for indoor plants. Vegetable gardens benefit from an over winter cover crop such as clover. Spade it into the soil in late winter or early spring to add nutrients to the soil.

Hort Shorts

1. For those who admire botanical sketches, use clear glass vases to display tulips, hyacinths, and amaryllis.
2. Winter squash and pumpkins store better if you leave a few inches of stem attached when you harvest them.
3. Have your soil tested to determine its acidic level. The natural decomposition of grass clippings, leaves, bark, and pine needles tend to add an acid reaction to soil. Your local county extension office will advise and assist in the test.
4. As chrysanthemum flowering ceases, cut back tops. Tender varieties over winter best in a cold frame. If that's unavailable, give the roots heavy mulch.
5. When you collect leaves for mulch, select those that curl as they fall such as maple, oak, and birch. Flat leaves can create soggy soil. Mix pine straw with broad leaves to help prevent packing.
6. If October and November are dry give perennials a deep final soaking so they will go dormant in good condition. They'll be less subject to winterkill.
7. After the first heavy frost, dig tubers, fleshy roots, and corns of caladium, canna, dahlia, gladiolus, and tuberous begonia. Place in sunny spot to dry. Afterwards, remove leaves and clinging soil. Wrap in newspaper or cover with dry sawdust, peat moss, or clean sand. Store in cool, dry place where there's no danger of freezing over winter.
8. Prune newly purchased pyracantha to remove the typical tall main stem. To induce base branching, cut main stem to remove one-half. After new growth is eight-to ten- inches long, cut away tips of side branches. This will establish a compact, base-branching plant.
9. At the base of a fence or trellis frame, dig a 12-inch deep trench. Place well decayed manure in base, and cover with soil. Plant sweet pea seed 6-8 inches deep. Cover with 1-inch of soil. As seeds sprout and grow, pull soil into the trench, but avoid covering tips of plants. During severe cold spells, cover plants with pine straw or hay.
10. After leaves fall, clear your rose bed of old mulch and leaves to help prevent the spread of diseases. Add fresh winter mulch.
11. Landscape planning involves more than beauty. Consider these major factors: Is the plan functional and suitable? Is it economical? Does it require too much maintance? Sometimes it pays to consult a landscape architect, landscape gardener, or a master gardener from your local cooperative extension service.
12. A good way to eliminate many insects in the soil is to plow now. Let soil lie fallow over winter. Don't smooth soil surface down into an even layer.
13. Late November and December is the prime time for planting asparagus. Jersey Giant and Mary Washington are two rust-resistant varieties.

Transplanting shrubs

When you move established plants, it's important to prune away one-third of the branches to compensate for unavoidable root loss. To insure full growth at the base, leave the lower branches somewhat longer than the upper branches. This is especially important for plants used as screens and hedges. Cut back to a growth bud, located in the angle of the stem and a leaf. Make a sloping cut just above the bud. This allows winter rainfall to drip from the stem. Otherwise, the moisture can sometimes cause decay.

It's a good idea to root-prune ball–and-burlap shrubs (those shrubs with roots and soil wrapped in burlap). If you prune when you transplant, you will help offset the shock to the root system. Dig your planting hole so that it is about twice the size of the root system. Loosen the soil in bottom of the hole. Prepare the soil by adding a bit of well–decayed barnyard manure or organic matter. Set the root ball slightly higher than the plant previously grew, so you won't plant it too deeply in its new home. You can loosen the burlap to determine the point where stems were underground; the change in bark color is the dividing line. The lower bark usually is darker in color and a bit moister in appearance. If the plant has a bare root, spread out the roots as you spade soil into hole. Make sure to apply ample water to drive out air pockets.

Camellias resist winter's cold

Early, midseason, and late blooming varieties of camellias make it possible to have blooms over a long period when few other flowers are blooming. C. sasanqua has many varieties that are resistant to cold. Among the many fall, winter and spring blooming are pink, rose, white, red, and variegated colors. Some of the more popular are: (Note blooming seasons: E=Early, M=Midseason, L=Late) Pink: (M-L) Bernice Body. One of the most hardy. (M) Dr. Tinsley. Excellent cold resistance. (L) Pink Champagne. Excellent cold resistance. Red: (M) Flame. Semi-double, deep red, vigorous growth. (M-L) Glen 40. Large, formal to rose-form double blooms. Slow, compact, upright growth. (M) Prof. Sargent. Medium-sized, full peony form, dark red. (M) Prince Eugene Napoleon. Medium large, formal, cherry-red, double blooms with many small rounded petals that are progressively smaller toward the center. Rose: (M-L) Kamasaka. Double rose to peony- formed blooms. Among last of late winter to flower. Adapted to upper South. (E) Daikagura. Large peony- form blooms. Also available in solid pink and white variegated. (E-M) Lady Claire (Empress). Large semi-double blooms. Also available in variegated rose and white.

When a severe freeze is forecast, you can save the tender flower buds of camellias and azaleas by flooding the plant with the rays of a red heat lamp. The red bulb is resistant to cracking in the sleet and ice. Make sure the rays of the bulb are thrown over the entire plant.

Hardwood cuttings

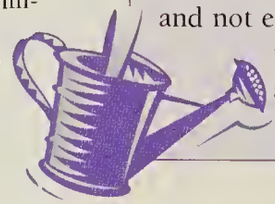
From now until December, you can root hardwood cuttings such as forsythia, holly, juniper, mock orange, Japanese quince, viburnum, and the spirea group. Cut away both ends of a soup can and fill it with rich potting soil. Treat cutting ends with Roottone root-inducing hormone. Insert cuttings into can.

In the spring, after a good root system has formed, hold cans over planting holes. Force the newly rooted plant into its new home. This can system also is helpful in propagating perennials and starting other cuttings and seedlings.

Ask Hank

Q: Our potted bougainvillea blooms very little each year. It's planted in a hanging basket in a protected spot and is fertilized well. What can I do to stimulate flowering?

A: Your bougainvillea probably is not blooming as well as it should because it gets too much fertilizer and not enough sun. This tropical vine needs full sun, and a small amount of low-nitrogen fertilizer.



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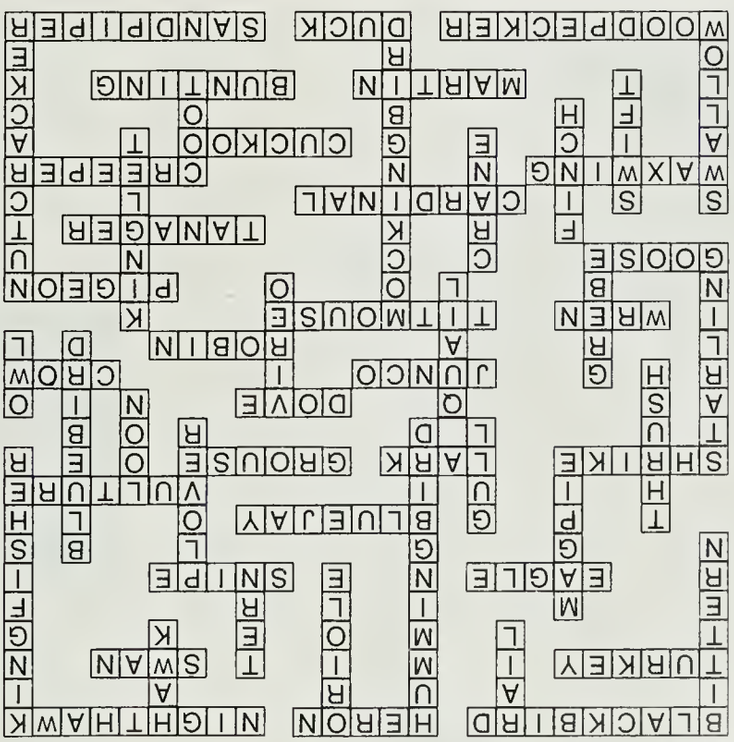

Joyner's Corner Answers

North Carolina pecans: Not just for the holidays

For information about growing pecans:
NC Pecan Growers Association
PO Box 435
Bailey, NC 27807
E-mail: carya@intrex.net

Sweet Potato, Wild Rice and Pecan Salad

Makes 8 servings
Preparation time: 50 minutes

2 cups cubed sweet potato (1 inch cubes)
1 tablespoon olive oil
¼ teaspoon salt
1 clove garlic, minced
⅔ cup chopped pecans
1½ cups uncooked wild rice blend
½ cup shredded carrots
½ cup finely chopped celery
¼ cup dried cranberries or raisins
¼ cup finely chopped red or sweet yellow onion
½ cup white wine vinegar
2 tablespoons olive oil
1 teaspoon low-sodium soy sauce
1 teaspoon grated orange peel
½ teaspoon coarsely ground black pepper

Preheat oven to 375 degrees. Place sweet potato cubes onto a baking sheet and toss with olive oil, salt and garlic. Roast 30-35 minutes, turning once with a spatula, or until potatoes are cooked through and begin to brown. Remove from oven then set aside (this can be done a day ahead). Place pecans in a foil pie pan and place in oven still warm from the potatoes. Turn off heat and let pecans toast in turned-off oven about 15 minutes, until they turn golden brown and smell fragrant. Remove from oven to cool.

Cook rice according to package directions, omitting salt and fat. Set aside to cool. In a large mixing bowl, combine sweet potatoes, pecans, rice, carrots, celery, cranberries and onion. Stir to mix well. Sprinkle vinegar, olive oil, soy sauce, orange peel and black pepper over salad mixture and stir so that salad absorbs dressing. Serve at once, or chill and serve later.

Per serving: 280 calories, 12 g fat (1 g saturated), 0 cholesterol, 38 g carbohydrate, 111 mg sodium. *Recipe source: Georgia Pecan Commission.*

Did you know?

North Carolina pecans are harvested beginning in late October and continuing through mid-December.

When selecting shelled pecans, look for plump pecans that are golden brown. Avoid shriveled and darkened pecans. When selecting in-shell pecans look for a shell that is light brown in color with black markings. The shell should have a smooth appearance without holes or broken areas.

For a year round supply, buy plenty of fresh pecans during the harvest season. Pecans can be stored for up to nine months refrigerated at 32-35 degrees and for up to two years frozen at 0 degrees.

Several studies have shown that nuts, including pecans, when incorporated into your diet can help lower blood cholesterol levels. Pecans are also loaded with over 19 vitamins and minerals including vitamin A, E, several B vitamins, folic acid, calcium, magnesium, phosphorus and zinc.

Pecans are packed with fiber. One ounce of pecans has about the same amount of fiber as a medium-sized apple and provides 10 percent of the recommended daily value for fiber.

Pecans are naturally free of cholesterol and sodium, making them an excellent choice for people on restricted diets.

For more recipes:

Laurie Wood
NC Dept. of Agriculture
PO Box 974
Roseboro, NC 28382
E-mail: semarket@intrstar.net

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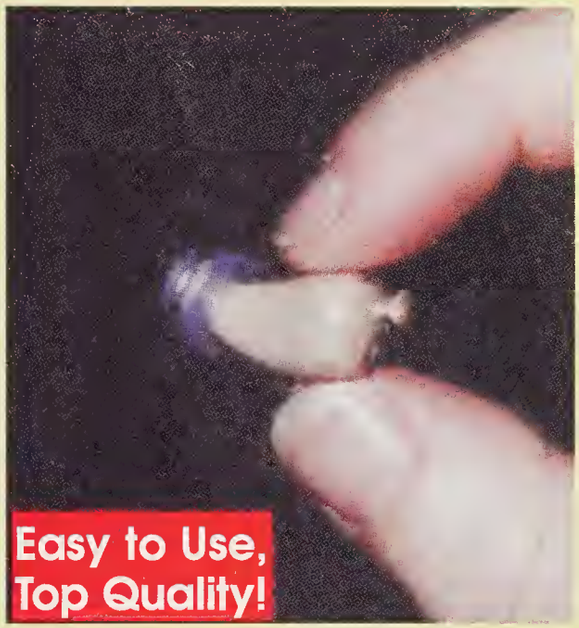

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